MOTOROLA

11:00

The world's largest global newspaper

metro

ORONTO • TUESDAY MARCH 23 2010 metronews.

Advertising Feature

Woman Walks from Coast to Coast

Jacqueline Davies never got lonely as she walked from one coast to the other.

TORONTO – Meet Jacqueline Davies. On the surface, she appears like your everyday average Canadian. But there's something special about Jacqueline: she recently finished walking from coast to coast.

That's right. No joke. She started in Gander and, over the course of 14 months, walked all the way to Vancouver, stopping only for food and sleep. When asked what possessed her to set out on such a grand and bizarre undertaking, Jacqueline answered, "I like to walk. A lot. Also, Canada is awesome. I wanted to see it."

But how did she overcome the loneliness of spending hours on end walking, with nobody to talk to and no TV shows or Internet? Simple. "I had my TELUS phone with me, so I never got lonely in the first place," she said. Makes sense, since TELUS has a huge, fast mobile network with loads of coverage from coast to coast.

"I shared the walk with my family, every step of the way – blogging, texting, talking . . . whatever. I never felt alone. Not once."

Jos
en
HIL
was
hit
em
No
to
BEL
incr
pho
mig
less
con
not

TELUS

Bring the news to life with the world's best Android™ powered phones.

TELUS and the TELUS logo are trademarks of TELUS Corporation, used under licence. Android and the Android logo as well as Android Market and the Android Market logo are trademarks of Google, Inc. All other trademarks are property of their respective owners. © 2010 TELUS.

TELUS

The world's best Android™ powered phones.

HTC Hero™
Available in both white and black.

$49.99* | $499.99
3 year term | No term
SAVE $450

GSMA's Best Mobile Handset of the Year and *Stuff Magazine*'s Gadget of the Year, the HTC Hero features a slick UI and can be customized with up to 7 home screens.

MOTOROLA MILESTONE™
An unparalleled mobile browsing experience.

$149.99* | $599.99
3 year term | No term
SAVE $450

The Motorola Milestone gives you a superior mobile Internet experience with a huge touchscreen and a full QWERTY slider.

Only from TELUS.

With voice and data rate plans starting at $50/month.†

telusmobility.com

TELUS
the future is friendly®

TELUS STORES & AUTHORIZED DEALERS

TORONTO

Bayview Village Shopping Centre
Bloor West Village
Cloverdale Mall
Dufferin Mall
Fairview Mall
Gerrard Square
Royal Bank Plaza
Scarborough Town Centre
Sherway Gardens
Shops at Don Mills
Toronto Eaton Centre
Toronto Exchange Tower
Woodbine Centre
Yorkdale Mall
Yorkgate Mall
2187 Queen St. E (The Beach)
2365 Yonge St. (north of Eglinton)
720 King St. W
455 Danforth Ave.
25 Davenport Rd.
29B St. Joseph St.
727 Bloor St. W
1061 St. Clair Ave. W
1500 Royal York Rd.
1750 The Queensway
980 Albion Rd.
2610 Weston Rd.
5050 Dufferin St.
1184 Kennedy Rd.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre
420 Main St.

Brampton
Bramalea City Centre
2880 Queen St. E (Hwy. 7 & Airport Rd.)
55 Mountainash Rd. (Springdale Sq.)
80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
3024 Hurontario St.
6200 Dixie Rd.
34 Bristol Rd. E
4920 Tomken Rd.

Oakville
Oakville Place
RioCan Burloak
18 - 2501 Third Line
760 Pacific Rd.

NORTH

Markham
Markville Shopping Centre
Pacific Mall

Newmarket
Upper Canada Mall
1100 Gorham St.

Richmond Hill
Hillcrest Shopping Centre
11005 Yonge St.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
4000 Hwy. 7

Woodbridge
4220 Steeles Ave. W

EAST

Ajax
RioCan Durham

Pickering
Pickering Town Centre

Oshawa
Oshawa Centre
Taunton-Harmony Plaza
1414 King St. E

Whitby
Brock-Taunton Power Centre

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP · BEST BUY · Walmart · CELLULAPOINT · BLACK'S

Offers available until March 31, 2010, unless otherwise stated. Phone availability and prices may vary. Prices are subject to change without notice. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. *Available to new activations or renewals on a 3 year term with a smartphone voice and data rate plan of $50 or greater, or on a BlackBerry Social or BlackBerry Email & IM rate plan. †Taxes, long distance, additional airtime, roaming and pay-per-use charges are extra. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Android and the Android logo as well as Android Market and the Android Market logo are trademarks of Google, Inc. Facebook is a registered trademark of Facebook, Inc. All other trademarks are the property of their respective owners. © 2010 TELUS.

CONTINUING EDUCATION FEATURE, PGS 37-49

FRIDAY'S JACKPOT
Lotto MAX
$15 MILLION
estimated

The world's largest global newspaper
metro®
TORONTO • ..., 2010 metronews.ca

Entertainment

Bieber just too cute to dislike
pg 50

Candidates for parents of the year

CRIME RCMP are on the lookout for a couple they sarcastically refer to as "parents of the year" after a shoplifting incident. Cpl. Jennifer Pound says two girls, one still using a stroller, were with their parents March 3 as the family entered a Future Shop outlet in Richmond, B.C.

The girls picked out Blu-ray and DVD videos, handing them to their parents, who piled the 80 to 100 selections in the child's stroller.

The family made off with movies police say are valued at more than $3,000. **THE CANADIAN PRESS**

FIND MORE ONLINE
WHAT'S THIS BARCODE FOR?
Find out on the Local page.

On the web
Visit metronews.ca for news updates

Maple Leafs

Dandy Dion

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Toronto Maple Leafs defenceman Dion Phaneuf has a laugh yesterday near the end of practice at the ACC. The part of Phaneuf's personality that rubbed some the wrong way in Calgary has endeared him to the Leafs. Toronto coach Ron Wilson believes Phaneuf's cockiness is part of the reason the team has won six of its last seven games. More coverage, page 22.

Colour barriers

Universities, colleges need to address racism: Report

A white student painting his face black during a class presentation is one example used in a new report compiling students' stories of both covert and flagrant instances of racism on Ontario university and college campuses.

The Canadian Federation of Students, Ontario released the report yesterday, which highlights issues involving racism in campus life, in hiring and curriculum and university policy and governance.

A task force investigated racism on campuses by holding 17 hearings on 14 campuses and gathered the anecdotal findings.

For Zahran Khan, a fourth-year York University student who contributed to the hearings, the racism he said he experienced during a South Asian studies class was subtle, but still stung.

"The professor started the first class by saying, 'I understand many of you will be ESL (English as a second language) students,'" Khan said. He added he was astounded by the comment from his white professor, considering most people in the class were Canadian-born, English-speaking students.

In the hearings, the federation discovered incidents of racism in a classroom were, in many cases, not addressed by the professor. The report is not a formal research study. **THE CANADIAN PRESS**

Suggestions

- Among a slew of recommendations to universities and colleges, the federation suggested changing curriculum, making the human rights offices at universities more open and independent, creating "safe spaces" in dorms, and maintaining a representation of a diverse faculty.

A new medium is now the message for Canadians

POLL Canadians are spending more time online than they are in front of their television sets, the first time Internet usage has jumped ahead of TV watching, a new survey by the Ipsos Reid polling firm suggests.

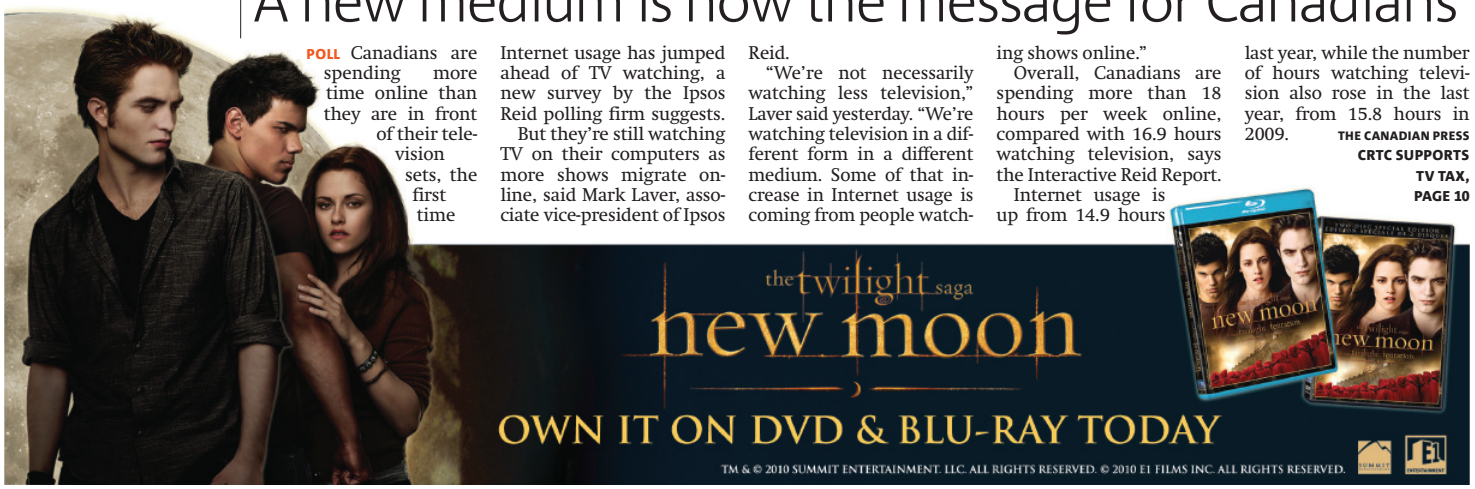
But they're still watching TV on their computers as more shows migrate online, said Mark Laver, associate vice-president of Ipsos Reid.

"We're not necessarily watching less television," Laver said yesterday. "We're watching television in a different form in a different medium. Some of that increase in Internet usage is coming from people watching shows online."

Overall, Canadians are spending more than 18 hours per week online, compared with 16.9 hours watching television, says the Interactive Reid Report.

Internet usage is up from 14.9 hours last year, while the number of hours watching television also rose in the last year, from 15.8 hours in 2009. **THE CANADIAN PRESS**

CRTC SUPPORTS TV TAX, PAGE 10



Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

Look inside today's metro for the icons below and enter for your chance to WIN.

Gas Stations

Grocery Stores

Drug Stores

Recurring Bill Payments

metronews.ca/momentum

YOU COULD

WIN♦

$10,000 cash

and one of 5 weekly cash prizes of $2,000.

Courtesy of *Scotia Momentum*® VISA* Card†

You're richer than you think.®

Scotiabank®

♦No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes April 26, 2010 at 12pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca/momentum.

† You will earn 2% cash back on the first $25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% $25,000 annual max., and on all other purchases.

* Visa Int./Lic. user The Bank of Nova Scotia. ®Registered trademarks of The Bank of Nova Scotia.

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE SCANLIFE APPLICATION** WITH YOUR SMARTPHONE AT **2DSCAN.COM**

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO **SCAN 2D BARCODES** IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT **M.METRONEWS.CA**

Local

Newest MPPs take seats

The two newest members of the Ontario legislature have taken their seats at Queen's Park. Liberal Bob Chiarelli, left, was escorted into the chamber by Premier Dalton McGuinty and government house leader Monique Smith. Conservative Steven Clark was accompanied by Opposition Leader Tim Hudak.

THE CANADIAN PRESS

Scan this code or text LOC to 82442 for local news.
See the Local page to learn how to scan.

INDEX

Canada Pg 10
World Pg 13
Comment Pg 17
Business Pg 18
Your Money Pg 20
Sports Pg 22
Food Pg 24
Health & Beauty Pg 28
Workology Pg 35
Education Pg 37
Entertainment Pg 50
Celebrity Buzz Pg 57

Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

metronews.ca

WHAT'S ONLINE TODAY

Your Money Allan Small weighs the pros and cons of the surging Canadian dollar at **metronews.ca/investing**

Blogs Sexcetera and the hazards of dropping the 'L-word' too soon

ADVERTISE TODAY!
1 888 91 metro (63876)

Read his lips: 'No new taxes'

Provincial finance minister says budget will handle deficit in other ways

Ontario Finance Minister Dwight Duncan says there will be no new taxes in Thursday's budget.

There will be nothing in the budget about asset sales either, he said, even though the government says it's looking at all options to help pay down an unprecedented $25-billion deficit.

"There are no new taxes," Duncan said yesterday. "And again, beyond that, I can't talk a lot about what's in the budget on Thursday."

The governing Liberals haven't ruled out the possible sale of assets such as the Liquor Control Board of Ontario or the Ontario Lottery and Gaming Corp.

Dwight Duncan

But they are looking at options that range from privatization of Crown corporations to bundling several assets into a corporation and selling off shares.

That review hasn't been completed yet, Duncan said.

Thursday's budget is also expected to provide a road map for the government to rebalance the books, which will be awash in red ink for at least five years.

Duncan shouldn't be trusted when just last week, the government quietly created a new conservation tax on hydro bills that will cost consumers about $4 a year, said Opposition Leader Tim Hudak.

"I mean, c'mon, they just introduced a new tax increase this week and we had to raise it in the house today," he said.

"There's a $53-million tax increase that (Premier) Dalton McGuinty tried to slip through. Who knows what else he's got up his sleeve?"

The new levy will help cover $53 million of the government's conservation and green energy program and will likely appear on hydro bills in May.

The Liberals say the cost will be minimal, but the hike will come just before consumers are hit with the 13 per cent harmonized sales tax.

The Liberals said the cost will add up to an increase of $4 per customer over the course of a year.

THE CANADIAN PRESS

Official's visit angers Sikhs

CONTROVERSY Sikhs have called him a war criminal. A Nazi. Pol Pot.

He was one of the many accused of organizing pogroms against Sikhs in November 1984 after the assassination of Indian prime minister Indira Gandhi by her Sikh bodyguards in New Delhi. More than 3,000 Sikhs were killed in four days.

Now Kamal Nath, minister for road transport and highways in India, is in Toronto.

He is speaking today at a reception hosted by the Canada-India Business Council at the King Edward Hotel.

Outraged Sikhs across the country are demanding that he be sent packing.

But Premier Dalton McGuinty said he was not aware of Sikh concerns, and that Nath's upcoming meeting with the minister will be their third.

"It's the first time I've heard of this," he said at an Etobicoke high school yesterday, adding that 1984 was "many years ago."

He also noted that Nath's admission to Canada is a federal responsibility.

TORSTAR NEWS SERVICES

News in brief

TRAVEL Porter Airlines says it will introduce service between Ottawa and Toronto to Moncton, N.B., starting June 25. Passengers will be able to travel non-stop from the Greater Moncton International Airport to Ottawa. Flights between Moncton and the Toronto City Airport will include a brief stop in Ottawa. In a statement, the airline says one-way fares between Moncton and Ottawa will begin at $149, with fares between Moncton and Toronto starting at $129, plus fees and taxes.

THE CANADIAN PRESS

The Last Song **Star visits AMC**

JOHN R. KENNEDY/FOR METRO TORONTO

Australian actor Liam Hemsworth thrilled young female fans by dropping by an advance screening of The Last Song at AMC Yonge-Dundas. Hemsworth stars in the film with real-life girlfriend Miley Cyrus. The romantic drama opens March 31.

Police say arrest close in parking officer's assault

CRIME Police say they are close to making an arrest in the case of an irate motorist who punched a parking enforcement officer Sunday in Greektown.

"Nobody likes to get a yellow ticket on their car, but ... to lash out in this fashion is not good," said George Johnstone, a parking enforcement supervisor.

The officer, who has been working in parking enforcement for about five years, was knocked to the ground by a man who had just been ticketed near Danforth and Carlaw Aves.

Johnstone would not release the officer's name, but said he was punched once then fell and hit his head on the pavement.

The officer's injuries are "concussive in nature" and has been experiencing short-term memory loss, Johnstone said.

TORSTAR NEWS SERVICE

INTRODUCING
BRUEGGER'S BAGELS
BAKED FRESH
Now at mmmuffins.
Union Station, Exchange Tower and Hillcrest Mall

With this coupon enjoy a
FREE
Coffee with the purchase of a bagel & cream cheese

Valid on a small (10oz) coffee. Applicable taxes extra. Offer valid at Union Station, Exchange Tower and Hillcrest Mall locations. While quantities last. Redeemable at time of purchase. Limit one coupon per person. Not valid in combination with any other offer. Expires April 11, 2010. PLU 6713

Witness in Manners trial cannot be trusted: Defence
A key witness in the murder trial of two young men charged in the high school shooting of 15-year-old Jordan Manners is an admitted liar and cannot be believed, defence lawyers say. TORSTAR NEWS SERVICE

Somali-Canadians targeted

Deaths of 29 men linked to growing Alberta drug trade

Four months after he left Toronto, 21-year-old Abas Abukar was dead.

On Halloween morning in 2008, the former Humber College student's body was found in Northmount Park, a wooded area in Edmonton's north end. Abukar had been shot a few hours earlier, an autopsy concluded. He was victim No. 19.

A month later, Abdulkadir Mohamoud, 23, was found stripped, beaten and shot to death in a park. He, too, had moved from Toronto about two years earlier. That same day, Ahmed Mohammed Abdirahman, 21, was gunned down outside a seedy townhouse complex. They became victim numbers 20 and 21. Eight more would be killed after that.

"I wish we had never moved to Edmonton. My son might have still been alive."
Faduma Arab, mother of slain man

Since the summer of 2005, 29 Somali-Canadians ranging in age from 17 to 28 have been murdered in Alberta, in what police are calling an escalating gang and drug turf war amid the province's booming oil economy. Some, however, have simply been killed in the crossfire, a situation of hanging out with the wrong people at the wrong time. The killings have occurred primarily in Edmonton, Calgary and Fort McMurray.

The victims were all from Ontario, mostly from the Toronto area, and almost all were either born or raised in this country.

Some moved to Alberta with their parents who, faced with an unemployment rate of 22 per cent in Toronto, the highest of any ethnic group, sought legitimate high-paying jobs while their kids succumbed to the lure of easy drug money. At least half, according to news reports, were known to police.

Edmonton police Chief Mike Boyd says his officers are working closely with investigators in Ontario cities to track the movement of gang members and drugs between the two provinces. But so far arrests have been made in only one case.

"I wish we had never moved to Edmonton," says Faduma Arab, Mohamoud's mother, who has since moved back to Toronto with her five other children. "My son might have still been alive."

TORSTAR NEWS SERVICE

High school grad rate on the rise, McGuinty says

EDUCATION About 79 per cent of Ontario high school students graduated within four or five years, Premier Dalton McGuinty said yesterday,

That translates to about 16,500 more students graduating last year compared to the previous year, amounting to a two per cent increase, said ministry officials.

The governing Liberals have promised to raise the graduation rate to 85 per cent by next April. McGuinty expressed confidence he can hit that target, despite the steep climb required.

"One of the things I've discovered about targets is that they act as powerful magnets for collaboration," he said from Don Bosco Catholic Secondary School in Toronto's west end. "It gets my office on the ball, it gets the Ministry of Education on the ball, it gets the rest of the cabinet table on the ball.

70% Last year, 70 per cent of students completed high school in four years, six years after the province eliminated Grade 13. That's up slightly from 69 per cent in the previous year and 56 per cent in 2003-04, when the Liberals took office.

And we all say, 'OK, what do we need to do to help achieve this?'"

However, the province's graduation rate includes students who went back for a fifth year, in addition to those who earned their diploma within the usual four.

Manitoba and Nova Scotia have similar programs to Ontario, and both measure students who complete high school in four years. Manitoba's most recent grad rate was 79 per cent, while Nova Scotia's was 85 per cent. THE CANADIAN PRESS

Scarborough **Up, up and away**

RENE JOHNSTON/TORSTAR NEWS SERVICE

A window washer stretches out yesterday as he finishes a low corner of a pane of glass at 100 Consulium Place near the Scarborough Town Centre.

Electricity hikes 'death by a thousand cuts': Horwath

POWER The New Democrats say the end of a rebate on energy-efficient appliances is yet another example of how consumers are being forced to pay more when it comes to electricity.

NDP Leader Andrea Horwath says a point-of-sale exemption on the provincial sales tax for consumers who purchased Energy Star-rated appliances expired in the fall, and the government failed to negotiate further exemptions under the HST.

That means anyone looking to buy Energy Star appliances must currently pay both the GST and PST on them — and will be hit with the 13 per cent harmonized sales tax when it takes effect in July.

Andrea Horwath

Horwath says that act — along with this weekend's revelation that hydro bills will include an annual levy of $4 come May — may be small increases, but they amount to "death by a thousand cuts" for consumers already struggling under the recession.

Energy Minister Brad Duguid says the levy is a small price to pay for clean energy, and much cheaper than alternatives such as building new nuclear plants.

He also notes there are several other conservation programs people can take advantage of, but Horwath says those only apply to about five per cent of Ontario residents.

THE CANADIAN PRESS

News in brief

HEALTH St. Michael's has dropped the world "hospital" from its name. "It's not just a hospital," vice-president John King said yesterday, explaining that a $150,000 rebranding began last year in conjunction with the construction of a research and education centre. "We are the urban angel and we are known as that. But what we are really doing is showing that with the new research centre, we're bigger than just a hospital." An anonymous caller contacted the Toronto Star about the rebranding, critical that it is happening as the hospital is closing 12 beds. TORSTAR NEWS SERVICE

active AGO
March
Art Gallery of Ontario

Explore the work of influential artist Gerhard Richter and witness the first public performance of the new Canadian opera *Isis and Osiris*.

Dietmar Elger on Gerhard Richter: A Life in Painting
Wednesday, March 24 | 7 – 8:30 pm
Jackman Hall
AGO Members $15 | General Public $18 | Students $12

Isis and Osiris: A New Canadian Opera
Wednesday, March 31 | 7 – 8 pm
Walker Court | FREE

REGISTER NOW for Spring Gallery Courses
Are you interested in making art? Learning about art? Or simply connecting with art? The AGO's art education program for adults has something for everyone — from artmaking to gallery classes that explore the AGO's collections and bring new perspectives to art. Isn't it time you discovered *your* inner artist?

The first Spring courses begin in April. Space is limited and classes fill up fast, so REGISTER TODAY!

For more information, to purchase tickets or to register:
www.ago.net/education
416 979 6608

AGO

Lowest Airfare Guarantee.

Ask us how we'll beat any airfare quote.

FLIGHT CENTRE Unbeatable

Sun Airfares

Cuba, Santa Clara
$15

Travel Mar 26 - Apr 2/wg — + taxes & fees $210

Cancun	Travel Mar 28 - Apr 4/wg	$65 + taxes & fees $277
Varadero	Travel Mar 25 - Apr 1/wg	$65 + taxes & fees $210
Cozumel	Travel Mar 31 - Apr 7/wg	$85 + taxes & fees $277
Jamaica	Travel Mar 24 - Mar 31/wg	$95 + taxes & fees $268
Puerto Plata	Travel Mar 25 - Apr 1/c6	$99 + taxes & fees $320
Punta Cana	Travel Mar 25 - Apr 1/ts	$99 + taxes & fees $320
Turks & Caicos	Travel Mar 31 - Apr 7/ac	$199 + taxes & fees $227
Barbados	Travel Jun 2 - Jun 8/ws	$238 + taxes & fees $93
San Juan	Travel Mar 27 - Apr 3/ac	$499 + taxes & fees $202
Honolulu	Travel Apr 20 - Apr 27/dl	$515 + taxes & fees $116

Airfares

Vancouver
$149 one-way

Travel Apr 13/ac — + taxes & fees $63

Halifax	Travel Apr 13/ac	one-way $139 + taxes & fees $57
Miami	Travel Apr 13 - Apr 20/dl	$169 + taxes & fees $114
New York	Travel Apr 7 - Apr 14/la	$179 + taxes & fees $95
Chicago	Travel Apr 13 - Apr 20/pd	$238 + taxes & fees $117
Phoenix	Travel Apr 13 - Apr 20/dl	$389 + taxes & fees $126
Los Angeles	Travel Apr 27 - May 4/ws	$398 + taxes & fees $123
San Francisco	Travel Apr 13 - Apr 20/aa	$419 + taxes & fees $135
Cairo	Travel Apr 19 - May 3/kl	$499 + taxes & fees $403
Delhi	Travel Apr 19 - May 3/kl	$579 + taxes & fees $412
Sao Paulo	Travel Apr 20 - May 5/ua	$749 + taxes & fees $194
Johannesburg	Travel Apr 21 - May 5/af	$929 + taxes & fees $508

Airfare Special

Sydney
$999

Travel May 25 - Jun 14/ua — + taxes & fees $332

Europe Sale!

Save up to 25%*

Airfares, hotels, coach tours, cruises and rail passes to your favourite Europe destinations are on sale now.

Europe Vacation Offers

Receive a $50* Discount Voucher
to use on an escorted tour when you purchase any European airfare with Flight Centre.

Receive a FREE* Lonely Planet Europe phrasebook when you book any Eurail Pass with Pass Protection.

Save up to $550* per person when booking Globus, Cosmos or Avalon vacation.

Save up to $400* per couple when booking a Back-Roads Tour.

Save up to $375* per person when booking a Gap Adventure.

Save up to $250* off your flight when booking a Topdeck Trip with Flight Centre.

Save up to $200* per couple when booking an Insight Vacations Tour.

Save up to $200* per couple when booking a Trafalgar Tour.

Save up to $150* per person when booking a Contiki Holidays Tour.

Europe Airfares

London	Travel Mar 29 - Apr 7/ts	$199 + taxes & fees $399
Munich	Travel Jun 15 - Jun 23/ts	$299 + taxes & fees $323
Venice	Travel Jun 11 - Jun 19/ts	$399 + taxes & fees $314
Copenhagen	Travel May 12 - May 26/ac	$789 + taxes & fees $365

Europe Vacations

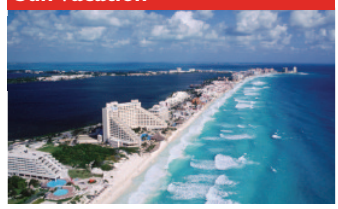
European Wonder
14-Day Tour — was ~~$1320~~ now $1170
European Wonder — + local payment $360
HIGHLIGHTS France, Switzerland, Italy, Vatican City, Austria, Germany, Netherlands and Belgium. Roundtrip London. Multiple Thursday Departures Apr - Oct/tdk.

Ireland Hike & Bike
8-Day Tour — was ~~$1839~~ now $1655
Ireland Hike & Bike — taxes & fees included
HIGHLIGHTS Dingle, Annascaul, Blasket Islands, Brandon Creek, Maharees Peninsula and Cloghane. Departs Tralee. Various departures Jun - Sep/gap.

Spain, Morocco & Portugal
6-Day Tour — was ~~$2850~~ now $2750
Spain, Morocco & Portugal — taxes & fees included
HIGHLIGHTS Toledo, Granada, Fez, Marrakesh, Casablanca, Rabat, Tangier, Gibraltar, Seville and Lisbon. Departs Madrid. Various departures May -Jul/trf.

TRAFALGAR · air transat · gap adventures · Back Roads · contiki · Topdeck · GOGO · GLOBUS family of brands · INSIGHT VACATIONS · AIR CANADA

Sun Vacation



Cancun
Budget, Air + 5 Nights
$179

Imperial Laguna — + taxes & fees $277
INCLUDES accom with kitchenette. Departs Mar 25/swg/wg. **UPGRADE** to 4-star Sens Cancun for $18 per night.

All-inclusive Vacations

Dominican Republic
Samana 7 Nights 4-Star
$300

Grand Paradise Samana — + taxes & fees $322
Departs Mar 29/sqv/5g/c6.

Puerto Plata 7 Nights 3.5-Star — $247
Luperon Beach Resort — + taxes & fees $321
Departs Mar 25/nol/c6. **UPGRADE** to 4-star Allegro Puerto Plata from $15 per night.
Departs Mar 27/vat/5g.

Mayan Riviera 5 Nights 4-Star — $435
Viva Wyndham Maya — + taxes & fees $277
Departs Mar 25/swq/wg.

Varadero 7 Nights 4-Star — $445
Mercure Playa de Oro — + taxes & fees $210
Departs Mar 25/swg/wg.

Punta Cana 7 Nights 4.5-Star — $597
Catalonia Bavaro Beach,Golf & Casino Resort — + taxes & fees $320
Departs Mar 26/nol/c6.

Cruise Vacations

Alaska 7-Night Cruise
$359

Celebrity Millennium — + taxes & fees $166
CRUISE from Anchorage/Seward to Vancouver and visit Ketchikan, Icy Straight Point, Juneau and cruise to Hubbard Glacier. Sails May 21/cel.

Eastern Caribbean
7-Night Cruise — $449^
Emerald Princess — + taxes & fees $73^
CRUISE roundtrip Fort Lauderdale and visit Princess Cays, St Maarten, St Thomas and Grand Turk. Sails Apr 17/pcl.

Transatlantic 13-Night Cruise — $509
Adventure of the Seas — + taxes & fees $86
CRUISE from San Juan to Barcelona and visit Palma, Tenerife, Lanzarote and Seville. Sails May 2/rcl.

Greek Islands 7-Night Cruise — $899
Norwegian Gem — + taxes & fees $77
CRUISE roundtrip Venice and visit Split, Corfu, Santorini, Mykonos & Crete. Sails Sep 25/ncl.

Event Tour

Spain Running of the Bulls
8-Day Tour
$1619

Running of the Bulls — taxes & fees included
HIGHLIGHTS Barcelona, Pamplona, the Running of the Bulls, San Fermin Fiestas, San Sebastian & Bilbao. Departs Barcelona. Travel Jul 4 - 11/gap.

Vacations

Las Vegas
Air + 4 Nights 4-Star
$295

Luxor — + taxes & fees $241
Departs Apr 4/swg/wg.

Atlantic City Air + 4 Nights 4-Star — $179
Ballys Atlantic City — + taxes & fees $111
Departs Apr 18/wsv/ws.

Montreal Air + 3 Nights — $269
Holiday Inn Montreal Midtown — + taxes & fees $131
Departs Apr 27/wsv/ws.

New York City Air + 3 Nights — $489
Affinia 50 — + taxes & fees $94
INCLUDES Midtown Manhattan accom. Departs May 5/ggv/la.

Arizona Air + 3 Nights 4-Star — $549
Pointe Hilton Tapatio Cliffs Resort — + taxes & fees $137
INCLUDES accom near Phoenix, set amid the Mountains with water park, spa and championship golf course. Departs Apr 12/ggv/dl.

San Francisco Air + 4 Nights — $599
Renoir Hotel — + taxes & fees $127
Departs Apr 26/ggv/aa.

Rocky Mountains, Jasper
Easter Weekend, Air + 5 Nights — $679
Sawridge Inn & Conference Centre Jasper — + taxes & fees $152
INCLUDES accom in the heart of Jasper National Park. Departs Mar 31/wsv/ws.

Shanghai Air + First 2 Nights 4-Star — $779
Holiday Inn Downtown — + taxes & fees $361
INCLUDES first 2 nights accom with daily breakfast. Travel Apr 13 - 21/ggv/ua. **ADD** Huangou River Cruise for $69.

Honolulu Family Special
Air + 6 Nights — $789◊
Ohana Waikiki West — + taxes & fees $144
INCLUDES accom in Waikiki with kitchenette. Departs Apr 14/wsv/ws.

1 866 485 7092 | **TEXT** Join our Mobile Club for hot deals. Text YYZ to 131 600 | **flightcentre.ca** | **Visit us in store.**

*Conditions apply. Ex: Toronto. USA and international air only prices are per person for return travel unless otherwise stated. Domestic air only prices are per person for one-way travel unless otherwise stated. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. ◊Family special price is per person based on 2 adults and 2 children ages 2 - 17. ^Prices are in USD$. *Conditions apply. For full terms and conditions of offers, visit www.flightcentre.ca/campaigns/europe. swg/wg=sunwing, vat/ts=transat, c6=canjet, ac=air canada, wsv/ws=westjet, dl=delta, la=lan, pd=porter, aa=american, kl=klm, ua=united, af=air france, tpk=topdeck, gap=gap adventures, trf=trafalgar, avw=avalon waterways, sqv=sunquest, 5g=skyservice, nol=nolitours, cel=celebrity, rcl=royal caribbean, pcl=princess, ncl=norwegian. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384*

TICO

Tighten screening for lawyers at Oshawa courthouse: Police chief
Security rules that allow defence lawyers to enter Oshawa's new courthouse just by flashing their I.D. cards leave the door open to trouble, Durham Region's police chief warns. Mike Ewles believes lawyers should be searched like everyone else to preserve security at the busy downtown building. TORSTAR NEWS SERVICES

Burlington most at risk of cyber crime: Study

Quebec residents appear to be among the least susceptible to cyber crime while citizens of Burlington, Ont., were the most susceptible in a list of Canada's most vulnerable big cities, according to a report by security software maker Symantec.

The company used recorded incidents of cyber crime and per capita data on Internet access and computer spending to determine which of Canada's 50 largest cities rank most at risk for online threats like identity fraud.

Burlington was ranked the most vulnerable overall with the most incidents of security incidents, per capita, in three of four threat categories.

Burlington had the worst rates of computers infected by malware programs, attempted infections, and rates of computers being hijacked to send out spam.

Burlington was second worst behind Victoria, B.C., in the fourth category — having a computer co-opted into a so-called botnet, a global network of computers that carries out attacks.

Symantec says higher per capita access to the Internet — through home connections and WiFi hotspots — increases the risk of a city's computers being targeted.

The affluent Ontario suburb of Oakville was ranked as the sixth most vulnerable because of high rates of Internet access and computer spending, even though the city was 25th in incidents of cyber crimes.

Montreal had the highest ranking of Quebec cities on the list, at No. 25

TORSTAR NEWS SERVICE

Top 10 most exposed cities

1. Burlington, Ont.
2. Port Coquitlam, B.C.
3. Langley, B.C.
4. Vancouver
5. Calgary
6. Oakville, Ont.
7. Markham, Ont.
8. Toronto
9. Kelowna, B.C.
10. Kitchener, Ont.

Selleck On the set

TODD CULVER/PHOTOJEAN.COM

Magnum P.I. star Tom Selleck films Reagan's Law in Toronto yesterday. The hour-long CBS drama about three generations of a New York cop family also will feature Donnie Wahlberg as Selleck's son.

Accused in jewel theft to stay in jail

CHARGES A man accused of stealing jewels from an 83-year-old woman on her hospital deathbed was remanded in police custody yesterday after a brief court appearance.

Marcos Marinoni, 26, was arrested Saturday near Keele Street and Finch Avenue West in the theft from Toronto East General Hospital. Police said they were flooded with tips after releasing surveillance images showing two suspects leaving the hospital.

Before his arrest, Marinoni was taken to hospital Sunday suffering from "facial injuries, acquired prior to coming into Toronto police custody," said Staff Sgt. Mike Cannon.

No injuries to his face were visible in court yesterday, but a hospital ID bracelet was still on his wrist. His next court appearance is scheduled for Friday.

Det. Christopher Higgins said the victim's family had just left her bedside to get some coffee when the robbers struck last Tuesday. The family alerted police when they returned and noticed some misplaced items.

"These were family heirlooms ... a gold necklace, a diamond ring," Const. Tony Vella said. "They were obviously upset."

By the time police arrived around 8:45 p.m., the woman had died. She was suffering from brain cancer. TORSTAR NEWS SERVICES

News in brief

BUS DRIVER The owner of a U.S. bus company whose driver was charged with impaired driving on the Queen Elizabeth Way said he has no intention of helping the man get released from a GTA jail. "We're leaving him there because we could care less," said Jeff Rose, owner and manager of Michigan Charter Services. TORSTAR NEWS SERVICES

TEXT ADDICTS

$25 per month UNLIMITED PLAN[1]

plus Government Regulatory Recovery Fee±

- UNLIMITED TEXTING ANYTIME[2]
- UNLIMITED TALK EVENINGS AFTER 6 PM[3]
- UNLIMITED TALK ON WEEKENDS[3]

AVAILABLE TO STUDENTS
ENDS MARCH 31ST

EXCLUSIVELY FROM ROGERS™

ROGERS.COM/STUDENT – VISIT A STORE

Offers available for a limited time and subject to change without notice. **±The Government Regulatory Recovery Fee ranges from $2.46-$3.46/line/month (varies by province and plan selected)**. It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. **It is not a tax or charge the government requires Rogers to collect and is subject to change**. See rogers.com/regulatoryfee for details. A one-time Activation Fee of up to $35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. **1** Available to high-school or post-secondary students with valid student ID with new activation on 3-yr. term. **2** Compatible device required. Includes texts sent from Canada to Canadian wireless numbers. Sent/received premium texts (alerts, messages related to content and promotions), sent international texts and messages sent while roaming not included and charged at applicable rates. **3** Evenings from 6 pm to 7 am Mon.-Fri. Weekends from 6 pm Fri. to 7 am Mon. Calls initiated outside these times chargeable at standard rates or deplete from minutes alloted in plan.

™Rogers & Mobius Design are trademarks of or used under license from or with permission of Rogers Communications Inc. or an affiliate. All other brand names and logos are trademarks of their respective owners. © 2010 Rogers Wireless.

Man arrested following Amber Alert warning

Police have arrested a man accused of kidnapping his two children yesterday in Kingston. Police reported the man was arrested yesterday afternoon. Police said the two boys "are fine" and there was no further need for the Amber Alert that was issued yesterday. THE CANADIAN PRESS

UFC chief hoping Ontario breaks hold

Dana White and two fighters will be at Eaton Centre today for Q&A and autographs

UFC president Dana White rolls into Toronto today looking to give mixed martial arts fans a taste of the UFC while reminding local authorities of the popularity of the sport.

A question-and-answer session with White followed by a chance to get fighter autographs from Canadians Sam (Hands of Stone) Stout and Krzysztof Soszynski is bound to draw a crowd at the Eaton Centre. The UFC, looking to get the sport of mixed martial arts sanctioned in Ontario, no doubt hopes provincial politicians will take notice.

With Montreal slated to hold a UFC event in May for a third straight year and Vancouver coming on board in June, Ontario is the major Canadian holdout left for the UFC.

In February, however, Premier Dalton McGuinty said sanctioning MMA was not high on his list.

"He didn't say no and he didn't say it's not going to happen."
UFC president Dana White on Premier Dalton McGuinty's comments earlier this year

"It's just not a priority for us at this point in time. We have higher priorities when it comes to developing those jobs and strengthening the economy," McGuinty said.

White remains optimistic, despite McGuinty's comments.

"The way that I took his comments were, 'I'm running the government here and there's a lot of things that I'm working on and this isn't on the top of the list,'" White told The Canadian Press. "He didn't say no and he didn't say it's not going to happen.

"But there's just so many rabid MMA fans," he added. "I bet this guy is so sick about hearing about MMA."

Asked if the sport will eventually get sanctioned, White said: "Absolutely."

White already has the support of Ontario Opposition Leader Tim Hudak.

"If I were premier, this would have happened by now," he said yesterday of sanctioning the sport.

The UFC boss calls his visit a thank you to Canada.

"I say it all the time, how much I love the fans from Canada," he said.

"Not only do I love the fans in Canada, I love the media, too."

THE CANADIAN PRESS

TRANSITCITY
MOVING TORONTO INTO THE FUTURE

Notice of Completion of Environmental Project Report

Etobicoke-Finch West Light Rail Transit, City of Toronto and Toronto Transit Commission

The Project

The City of Toronto and the Toronto Transit Commission have completed an Environmental Project Report in accordance with Ontario Regulation 231/08 for the Etobicoke-Finch West Light Rail Transit (LRT) Project.

This 17-kilometre long LRT service will link Finch Station and Humber College. The light rail line will run west from Finch Station along Finch Avenue West to Highway 27 where it will turn south to Humber College Boulevard, and make a connection with Humber College. The light rail service will replace a busy existing bus route, and provide fast and frequent east-west service through the northern part of North York and Etobicoke. In addition to Finch Station on the Yonge Subway, the line will connect with Finch West Station on the Spadina Subway extension, and with the proposed Jane light rail line. The entire line is proposed to be above ground, utilizing reserved transit lanes in the centre of Finch Avenue, with the exception of the connections to the two subway stations, which will have short grade separated sections for the convenience of transferring passengers.

The Process

The environmental impact of this transit project was assessed and an Environmental Project Report prepared according to the transit project assessment process prescribed in Ontario Regulation 231/08, Transit Projects and Greater Toronto Transportation Authority Undertakings.

The Environmental Project Report for the Etobicoke-Finch West LRT will be available for a 30-day review period starting March 24, 2010 on the project website: www.toronto.ca/transitcity (Etobicoke-Finch LRT) and at the following locations:

Locations for 30-day Review Period

Ministry of the Environment
Environmental Assessment & Approvals Branch
2 St. Clair Avenue West, Floor 12A,
Toronto, ON M4V 1L5
416-314-8001/1-800-461-6290

Ministry of the Environment
Central Region Office,
5775 Yonge Street, 8th Floor
North York, ON M2M 4J1
416-326-6700

City of Toronto
City Clerks Office Toronto City Hall
100 Queen Street West, 10th Floor
West Tower
Toronto, ON M5H 2N2
416-392-8032

Toronto Transit Commission
Transit City Department
5160 Yonge Street, 13th Floor
Toronto, ON M2N 6L9
416-397-8515

Toronto Public Library,
Humberwood Branch
850 Humberwood Blvd.
Toronto, ON M9W 7A6
416-394-5210

Toronto Public Library
Albion Branch
1515 Albion Rd.
Toronto, ON M9V 1B2
416-394-5170

Toronto Public Library
Humber Summit Branch
2990 Islington Avenue
Toronto, ON M9L 2K6
416-395-5840

Toronto Public Library,
York Woods Branch
1785 Finch Ave. West
Toronto, ON M3N 1M6
416-395-5980

Toronto Public Library,
Centennial Branch
578 Finch Ave. West
Toronto, ON M2R 1N7
416-395-5490

Toronto Public Library,
North York Central Library
5120 Yonge St.
Toronto, ON M2N 5N9
416-395-5535

There are circumstances where the Minister of the Environment has the authority to require further consideration of the transit project, or impose conditions on it. These include if the Minister is of the opinion that:

- The transit project may have a negative impact on a matter of provincial importance that relates to the natural environment or has cultural heritage value or interest; or,
- The transit project may have a negative impact on a constitutionally protected Aboriginal or treaty right.

Before exercising the authority referred to above, the Minister is required to consider any written objections to the transit project that he or she may receive within 30 days after the Notice of Completion of the Environmental Project Report is first published.

Interested persons are encouraged to review this document and provide comments by April 22, 2010. Comments and concerns may be directed to the project contacts listed below. If you have unresolved concerns, you have the right to submit an objection to this transit project to the Minister of the Environment no later than April 22, 2010 (77 Wellesley St. West, 11th Floor, Ferguson Block, Toronto, ON M7A 2T5, Fax: 416-314-6748, E-mail: Minister.moe@ontario.ca Attention: Minister of the Environment). Although not required, a copy of the objection is requested to be forwarded to the Director and project contacts listed below.

Director
Environmental Assessment & Approvals Branch
Ministry of the Environment
2 St. Clair Avenue West, Floor 12A
Toronto, ON M4V 1L5

Attn: Michelle Fromme-Marcellin, Project Officer
Email: michelle.fromme-marcellin@ontario.ca
Phone: 416-314-7225 or
1-800-461-6290
Fax: 416-314-8452

Rick Holli
Toronto Transit Commission
Etobicoke-Finch
Project Manager
5160 Yonge Street, 3rd Floor
Toronto, ON M2N 6L9

finchtransit@toronto.ca
Fax: 416-338-0251
TTY: 416-397-0831
Phone: 416-392-6900

Under the Freedom of Information and Protection of Privacy Act and the Environmental Assessment Act, unless otherwise stated in the submission, any personal information such as name, address, telephone number and property location included in a submission will become part of the public record files for this matter and will be released, if requested, to any person.

Issue Date: March 23, 2010

TRANSIT CITY
TORONTO TRANSIT COMMISSION
TORONTO
METROLINX
An agency of the Government of Ontario

WestJet dollars‡‡ make every day a seat sale.

Except during an actual seat sale. Then it's a seat sale sale.

With the new WestJet RBC® MasterCard‡, you earn WestJet dollars on everyday purchases˜.

And WestJet dollars can be used like cash to pay for all or part of your next WestJet flight any time, even during a seat sale! There are no blackout periods or seat restrictions, just dollars off WestJet flights or WestJet Vacations packages*.

Get a welcome bonus of up to $100 WestJet dollars with your first purchase^.

RBC WESTJET

Apply today. Visit rbc.com/westjet

® Registered trademarks of Royal Bank of Canada. ‡MasterCard and World MasterCard are registered trademarks and PayPass and Tap & Go are trademarks of MasterCard International Incorporated. Used under license. ‡‡WestJet dollars and the WestJet Credit Card Program are trademarks of WestJet Airlines Ltd. ˜WestJet dollars are earned on net purchases only; they are not earned on cash advances (including RBC Royal Bank credit card cheques, balance transfers, cash-like transactions and certain bill payments), interest charges or fees, and credits for returns and adjustments will reduce or cancel the WestJet dollars earned by the amounts originally charged. *Some conditions and restrictions apply. Please visit westjet.com/creditcard for complete details on the WestJet Credit Card Program. ^ Please allow 4-6 weeks for the welcome bonus of $25 or $100 WestJet dollars, depending on the credit card you choose, to appear on your credit card statement after the first transaction date. Additional cardholders, as well as existing WestJet RBC MasterCard or WestJet RBC World MasterCard cardholders, are not eligible for this welcome bonus offer. This offer may not be combined or used in conjunction with any other offer. For complete details, please visit: rbc.com/westjet

Edmonton cabbie charged with stealing from customers

An Edmonton cab driver has been charged with stealing from his customers. Police say an arrest was made after several citizens reported having their pin numbers, debit and credit cards, and cash taken. THE CANADIAN PRESS

Canada

Tweet your Earth Hour ideas

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week, we'll share some tweets from Metro readers.

@ThatNumber9Guy: "Going to start with an eco-resolution of buying myself a reusable water bottle to avoid the waste plastic water bottles bring."

Send you Earth Hour tweets to @metrotoronto.

TV tax gets CRTC support

Bills may rise after regulator rules networks should be paid for signals

Those CTV and Global shows that come into your home courtesy of a cable or satellite company could soon hike your monthly bill following a landmark ruling on how money flows in the broadcasting system.

The TV networks won their fight yesterday before the country's broadcast regulator to negotiate a fee for their signal with cable and satellite providers, who have never paid before for those transmissions.

But the Canadian Radio-television and Telecommunications Commission also wants the Federal Court of Appeal to review the new "value for signal" system before it kicks in.

And the Conservative government will have to decide whether it can live with the decision, or balk against the threat of increased costs for consumers by overturning it.

Cable and satellite firms have already warned they'll pass costs on to consumers.

TV stations would be able to withhold their signals completely from a cable or satellite company if they don't like the way negotiations are going. Because they pay for the rights of a given television show in a given season, the cable firm would be blocked completely from transmitting it in any capacity. In the United States, viewers saw this month what can happen when there's such a dispute: There was a short, rare blackout at the beginning of the Oscars broadcast as a cable and broadcast giant duked it out.

On the other hand, broadcasters will give up all their protections in the current system if they opt for getting paid for their signals. A cable company can drop them from their packages and give them whatever position they want on the dial.

THE CANADIAN PRESS

CBC out

- The CBC has been excluded from the new regime, and will not get a revenue stream from cable and satellite companies.

COLIN PERKEL/THE CANADIAN PRESS

William Rollings wipes a tear from his wife Bonnie Preece, 49, a part-time supermarket cashier from London, Ont., who won $20.6-million in a Lotto 6/49 draw, in Toronto yesterday. Preece had one of two winning tickets for the March 20 jackpot.

Grocery cashier picks up lotto win

FORTUNE A part-time supermarket cashier and occasional lottery-ticket buyer choked back tears yesterday as she pondered how her bank balance had gone from under $100 to more than $20 million with the luck of the draw.

An overwhelmed Bonnie Preece, 49, of London, Ont., flanked by her husband, parents and sisters, collected half of Saturday's Lotto 6-49 jackpot.

"For me, I can't grasp this kind of money," she said struggling for words.

"My savings account was $80.17; I think it's going to be a little bit more than that now."

"For me, I can't grasp this kind of money."
Bonnie Preece, winner

Preece was one of two winning ticket holders for Saturday's $42.2-million draw. The other was sold in Edmonton but it was not known who bought it.

Although she seldom played the lottery — she couldn't spare the $2 ticket price — she decided to plunk down two toonies at the store across from the No Frills, where she's been a cashier for the past five years, given the size of the jackpot.

Preece said she was forced to declare bankruptcy a few years ago after her first marriage ended. She couldn't even get a credit card.

Asked if she had a message for her ex, she said simply: "Sucks to be you."

THE CANADIAN PRESS

BQ leader rejects Nazi-era link to resistance remark

QUEBEC Bloc Québécois Leader Gilles Duceppe says it is "plain stupid" for anyone to suggest he was using Nazi-era terminology to define his party's relationship with Canada.

And he wants an apology from the Conservative government for suggesting he was trying to compare Canada to the Nazi occupiers Europe.

"I was talking the fact that we're resisting to the federal system with all the decisions made against Quebec," he said yesterday.

The Conservatives blasted the Bloc leader for telling party faithful in a weekend speech that they were part of a resistance movement that would one day win Quebec's sovereignty.

The term was called into question because it is often associated with French underground resistance to occupation by Nazi Germany in the Second World War.

THE CANADIAN PRESS

SCANLIFE

As spring nears, drivers and cyclists return to uneasy relationship.

Scan code or text BIKE to 82442 for more.
Learn how to scan on the Local page.

SANTA LUCIA
$399
CUBA
Oasis Brisas Santa Lucia Cameleon ★★★★
All Inclusive – 7 nights
Thu, Apr 1, 8, 15,
Add taxes & fees $213

VARADERO
$399
CUBA
Gran Caribe Club Puntarena Cameleon ★★★½
All Inclusive – 7 nights
Sun, Apr 4,
Add taxes & fees $213

PUERTO PLATA
$399
DOMINICAN REPUBLIC
Casa Marina Reef Resort Cameleon ★★★½
All Inclusive – 7 nights
Thu, Apr 1
Add taxes & fees $329

LA ROMANA
$459
DOMINICAN REPUBLIC
Catalonia Gran Dominicus Cameleon Select ★★★★
All Inclusive – 7 nights
Mon, Apr 5, Add taxes & fees $329

LIBERIA
$649
COSTA RICA
Allegro Papagayo ★★★★
All Inclusive – 7 nights
Mon, Apr 1
Add taxes & fees $218

RIVIERA MAYA
$749
MEXICO
Catalonia Yucatan Beach Resort & Spa ★★★★
All Inclusive – 7 nights
Sun, Apr 4, Add taxes & fees $281

CONTACT YOUR TRAVEL AGENT

marlin travel 1-877-888-1717
AMERICAN EXPRESS 1.888.414.8747
Carlson Wagonlit Travel 1 800 CARLSON
ENSEMBLE TRAVEL Group www.ensembletravel.ca
FLIGHT CENTRE Unbeatable www.flightcentre.ca
OR NOLITOURS.COM

NOLITOURS
It's all included

Flights are from Toronto via Air Transat, Skyservice or Canjet. Prices are valid for new bookings. Package prices shown are per person, based on double occupancy in lead room category unless otherwise stated. Space and prices are subject to availability at time of booking and prices are subject to change without notice. Taxes and all transportation related fees are extra and noted above. For full descriptions, terms and conditions and insurance refer to the Nolitours 2009/10 brochure. Nolitours is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in Ontario (Reg. no 50009488) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8. tico.ca

Boy, 5, unscathed after van hits house, another vehicle
A five-year-old boy hit a home and another vehicle when he slipped into the driver's seat of an idling van Sunday evening in the southwestern Ontario town of Mitchell. The child was not injured in the incident. THE CANADIAN PRESS

Big promises for Newfoundland

SPEECH The Newfoundland and Labrador legislature opened yesterday with a throne speech that promises to stress the progressive in the province's Progressive Conservative government.

Lt.-Gov. John Crosbie read the political blueprint, charting a course of investment in children, youth and human rights.

The throne speech sets out a new Child, Youth and Family Services Act, a new child care strategy and a strengthened Human Rights Code.

John Crosbie

"There is no gift more precious than a child, and no duty more important than advancing the best interests of our children through the choices we make," Crosbie read. "In classrooms and homes across our province, a new attitude is taking hold, full of hope in the dream of a wonderful future for young people right here at home."

The 20-page speech vows continued shelter support for abused women, new programs for the disabled, a modernized labour code and efforts to restructure the troubled fishery and forestry sectors.

The new session in one of Canada's most lopsided legislatures will pit 43 Tories against five opposition members — four Liberals and one New Democrat.

THE CANADIAN PRESS

B.C. soldier succumbs

Fallen Canadian battled IED-related injuries for over two weeks

A Canadian soldier who was injured in Afghanistan earlier this month has died in an Edmonton hospital.

The military says Cpl. Darren James Fitzpatrick died at the University of Alberta Hospital on Saturday as a result of his wounds.

Fitzpatrick was critically hurt by an improvised explosive device during a foot patrol west of Kandahar city on March 6. Improvised explosive devices, or IEDs, have killed 85 of the 141 Canadian soldiers killed during the Afghan mission.

The 21-year-old was from Prince George, B.C., and was on his first operational tour. He is the 141st soldier to die since Canada's mission began in Afghanistan.

Fitzpatrick was a member of the 3rd Battalion, Princess Patricia's Canadian Light Infantry based at Canadian Forces Base Edmonton.

He was treated at the base in Kandahar and a medical centre in Germany before being flown to the Edmonton hospital on Friday.

Fitzpatrick's death is the first since Cpl. Joshua Baker, 24, of Edmonton was killed during a routine training exercise near Kandahar in February.

Prime Minister Stephen Harper issued a statement offering his condolences to Fitzpatrick's family, friends and fellow soldiers.

"This incident is a stark reminder that the Canadian mission in Afghanistan is a difficult one, but the Canadian Forces are making a difference and are improving the lives of the Afghan people," Harper said.

THE CANADIAN PRESS
MORE COVERAGE, PAGE 16

ROBERT SCHWARTZ/THE CANADIAN PRESS
Cpl. Darren James Fitzpatrick, a Canadian soldier who was wounded earlier this month in Afghanistan, has died in an Edmonton hospital.

Judge rejects defence's protests in trial

RULING The trial of a former Nova Scotia businessman facing 36 sex-related charges will proceed after a judge threw out the defence argument of too many delays.

Joseph Kennedy, chief justice of the Nova Scotia Supreme Court, says in his decision that Ernest Fenwick MacIntosh is largely responsible for the slow pace of his trial because he didn't voluntarily return to Canada to face the charges.

MacIntosh was accused by RCMP in 1995 of engaging in sex acts with six boys between 1970 and 1977 in a number of communities in eastern Nova Scotia and Cape Breton.

MacIntosh spent 13 years in India before he was arrested in April 2007. He was extradited to Canada two months later.

In his decision, Kennedy notes that MacIntosh "knew he had big trouble in Nova Scotia," but waited for authorities to go through lengthy extradition procedures.

THE CANADIAN PRESS

Natural gas sector to recover: Economist

ENERGY Canada's natural gas industry is expected to regain a small number of the 1,600 jobs it shed last year when the recession caused investment in the sector to virtually grind to a halt, an Ottawa-based economic forecaster predicts.

The number of people employed by the industry is expected to move up 0.4 per cent to 28,300 this year from 2009, the Conference Board of Canada said in a report yesterday.

"I don't want to say that it's a strong gain for the natural gas industry," Conference Board economist Todd Crawford said in an interview.

"Because much of the natural gas industry operates in the same space as the oil industry, wage growth will remain strong."
Conference Board of Canada report

"It's at least encouraging that this year and for 2011, we won't see any more job losses."

The job cuts were one factor that led the industry's costs to plummet nearly 30 per cent in 2009, a year in which profits also fell 65 per cent, according to the report.

However, costs are expected to rebound in 2010. Natural gas producers compete for many of the same types of workers and materials as oil producers, who have been faring much better recently.

"Because much of the natural gas industry operates in the same space as the oil industry, wage growth will remain strong despite the fact that employment will remain little changed," the report said.

Costs are expected to rise nearly 13 per cent to almost $42 billion this year, as compared with a year ago.

An abundance of natural gas is expected to dampen the benefits of higher commodity prices in 2010.

THE CANADIAN PRESS

News in brief

REVIEW B.C. Interior Health CEO Dr. Robert Halpenny says the B.C. Cancer Agency has found no problems with 109 controversial breast-cancer tests. Dr. Kirk Ready, a former chief pathologist in Kelowna, had claimed in letters that errors in the tests had possibly resulted from what he called "jaw-dropping practices. "

THE CANADIAN PRESS

RCMP urge caution in backcountry

A series of deadly avalanches in B.C. has prompted a public appeal by RCMP for people to err on the side of caution when entering the backcountry. A slide in Wells Gray provincial park, in the Interior, killed two heli-skiers Saturday and pushed the recent avalanche death toll to five. THE CANADIAN PRESS

What's next for Vancouver, Whistler?

VANCOUVER 2010 Games

For seven years, residents of Vancouver and Whistler worried over the "what-ifs" of hosting a Winter Games, then dealt with what was as the Games came to pass.

Now it's time to find out what's next.

After the close of the Paralympics Sunday night, a workforce that once numbered close to 50,000 will be reduced to hundreds charged with writing the final reports and tallying the final bills.

The buildings will be returned to their respective government owners by June, their contents already up for auction either on eBay as souvenirs or through the province in a more formal asset disposal program.

"There are still some uncertainties."
Dave Cobb, VANOC

Organizers said they expect their $1.75-billion budget to be in the black, but there are still some big bills to pay, like those to the owners of Whistler Blackcomb and Cypress Mountain for the use of the mountains during the Games.

"I want to be quite careful of not setting expectations unreasonably at this point," said Dave Cobb, deputy chief executive officer of VANOC. "There are still some uncertainties."

Two studies, one by the International Olympic Committee and the other by the federal and provincial governments, are underway to measure the impact of the Games. THE CANADIAN PRESS

News in brief

DUMPING The Canada Border Services Agency has launched an investigation into alleged injurious dumping of greenhouse bell peppers in Canada by the Netherlands, the agency announced yesterday. Dumping occurs when goods are sold to importers in Canada at prices that are less than selling prices in the exporter's domestic market or at unprofitable prices. THE CANADIAN PRESS

LOAD UP ON MINUTES NOT PAPER

fido™
Giving low prices a good home.

SAVE PAPER
All plans come with online billing

ACTIVATION FEE IS ON US!
SAVE $35[4]
HURRY! OFFER ENDS MARCH 31.

CityFido™
2,000
ANYTIME LOCAL MINUTES[1]

$40 per month[3]
- Unlimited text[2] worldwide
- No System Access Fees
- Per-second billing

Use your minutes anywhere within your CityFido zone.
Long distance charges may apply.

BlackBerry® Curve™ 8520

SAVE $50[4]
HURRY! OFFER ENDS MARCH 31.

$0* with a 3-year Fido Agreement and Data Add-on

*ONLY AVAILABLE AT THESE LOCATIONS

EXCLUSIVE DEALERS

TORONTO

DIGICELL.CA
222 Spadina Avenue, Unit 3A, Toronto
Westwood Mall, Toronto
Lawrence Square, Toronto
College Park, Toronto

G2 WIRELESS
Gerrard Square, Toronto

OCEAN WIRELESS
2674 Yonge Street, Toronto
Cedarbrae Mall, Toronto
1712A Queen Street East, Toronto
Bridlewood Mall, Toronto

UNI-CELL TELECOM INC.
2300 Yonge Street, Unit S22, concourse level, Toronto
607 Bloor Street West, Toronto
5150 Yonge Street, Unit G3, North York

WIRELESS DNA
363 Yonge Street, Toronto
220 Yonge Street, Level 1, Toronto Eaton Centre
1448 Queen Street West, Toronto
6064 Yonge Street, Toronto
1911 Finch Avenue West, Unit K11, Toronto
East York Town Centre, Toronto
Yorkgate Mall, Toronto
Parkway Mall, Toronto

WEST

DIGICELL.CA
Westwood Mall, Mississauga
77 James Street North, Hamilton

G2 WIRELESS
Dixie Outlet Mall, Mississauga

JCC COMMUNICATIONS
Sheridan Centre, Mississauga

WIRELESS DNA
Burlington Mall, Burlington
Milton Mall, Milton
Lynden Park Mall, Brantford

NORTH

CHANNEL WIRELESS
3255 Highway 7 East, Unit 126, Markham

DIGICELL.CA
Pacific Mall, Unit E28, C3

UNI-CELL TELECOM
Denison Centre, Markham

EAST

CHANNEL WIRELESS
4675 Steeles Avenue East, Unit 1D18, Scarborough

G2 WIRELESS
Woodside Square

JCC COMMUNICATIONS
Eglinton Square, Scarborough

OCEAN WIRELESS
Pickering Town Centre, Pickering

PEPPER WIRELESS
4438 Sheppard Avenue East, Unit 127, Scarborough

Exclusive Dealer fido™

Offers subject to change without notice. 1. Airtime minutes within your CityFido zone. Long distance charges may apply and are determined based on your local calling area, not your CityFido zone; visit fido.ca/callingareas. Additional local in-zone minutes and airtime used for calls made and received outside your CityFido zone cost 35¢ per minute. 2. Includes text messages sent from Canada to a Canadian, U.S. or International wireless number; text messages received from another mobile phone are free. Charges apply for premium text messages (alerts, messages related to content, contests and promotions). 3. A one-time Activation Fee of $35 per line applies. Additional airtime, long-distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra and billed monthly. Phone price shown valid with new activation on a Fido Agreement, early cancellation fees apply. 4. Valid on new activations with a 2- or 3-year Fido Agreement. A credit for the entire amount of the $35 Activation Fee will appear on your first invoice. ™Fido & design, Giving low prices a good home and CityFido are trademarks of Fido Solutions Inc. BlackBerry ®, RIM ®, Research In Motion ®, SureType ® SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions Inc.

Deadly AIDS outbreak in Uzbekistan
An AIDS outbreak at two children's hospitals in Uzbekistan has killed at least 14 children and left 133 infected with HIV, according to a documentary posted on a respected Central Asian news website yesterday. THE ASSOCIATED PRESS

World

Taliban militants captured

Officials say two highly experienced Taliban militants have been arrested while planning to attack top hotels and kidnap diplomats in Pakistan. One of the men claims to have helped plan previous attacks. The two men, both deserters from a government paramilitary force, were arrested in a hotel in Rawalpindi, said Islamabad police Chief Bin Yamin. THE ASSOCIATED PRESS

One way or another, a historic bill for America

ELISABETH BRAW
Metro World News

Two months ago, U.S. President Obama's health-care bill was virtually dead.

While most Americans agree the country needed to reform its expensive and confusing health-care system, the legislators couldn't agree on how to do it. And in January, the Democrats lost their Senate super-majority when Massachusetts voters shocked the nation by electing a Republican to succeed liberal icon Ted Kennedy.

Failing to fix the U.S. health-insurance system — where the government insures the elderly and the very ill, and employers are expected to insure their employees — is so difficult that every Democratic president since Harry Truman has tried and failed. But on Sunday night, Obama's key election promise came to fruition as House Democrats passed a $940-billion US health-care reform that will provide health insurance to 32 million currently uninsured Americans.

MANUEL BALCE CENETA/THE ASSOCIATED PRESS

U.S. House Speaker Nancy Pelosi signs the Senate Health Reform Bill alongside House Democrats yesterday in Washington.

"This is what change looks like," said Obama, who will sign the bill after the House version has been approved by the Senate, which had previously approved a similar bill.

- The bill is expected to reduce the U.S. budget deficit by $143 billion over the first 10 years.
- The bill provides health insurance to some 32 million Americans who are currently not insured, either because they can't afford the fees or because they're already ill.
- Insurance companies will not be allowed to drop customers when they get ill, and may not refuse to insure to children because they're ill.
- Insurance companies must allow children to remain on their parents' health insurance plan until they are 26. Currently, most insurance companies' age limit is 19.
- Ill, uninsured adults are eligible for insurance through a new program. The program will expire in 2014, when insurance companies have to start accepting customers who are already ill.

Health bill blowback

U.S. pundits voice opinions on the reform package

- Conservative radio commentator Rush Limbaugh on March 8: "If this passes and it's five years from now and all that stuff gets implemented, I am leaving the country. I'll go to Costa Rica."

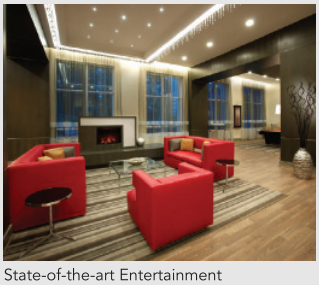
- Liberal filmmaker Michael Moore in an open letter to Republicans: "Yes, my Republican friends, even though you have opposed this health-care bill, we've made sure it is going to cover you, too, in your time of need. So, when you find yourself suddenly broadsided by a life-threatening illness someday, perhaps you'll thank those pinko-socialist, Canadian-loving Democrats and independents for what they did Sunday evening."

- Conservative radio commentator Glenn Beck: "This is the end of prosperity in America forever if this bill passes. This is the end of America as you know it."

Brand New Luxury Condominium Rentals
Come Visit The Open Houses No Appointment Necessary

Accolade Building

Designer Fireplace & Seating Alcove


State-of-the-art Entertainment

Accolade - North York
Don Valley Parkway & Eglinton
1 Bedroom Suites Starting at $1,100
1 Bedroom + Den Suites Starting at $1,200
2 Bedroom Suites Starting at $1,450
Please contact Kim Hayman:
Email: Kimberley_h@delrent.com
Tel: 416-558-9034

Ultra Ovation Building

Ultra Club's Party Lounge

Ultra-Fun Recreational Facility

Ultra Ovation - Mississauga
Burnhamthorpe Road & Living Arts Drive
1 Bedroom + Den Suites Starting at $1,250
2 Bedroom Suites Starting at $1,400
Please contact Laurie Cellupica:
Email: lcellupica@delrent.com
Tel: 416-558-1871

DEL CONDOMINIUM RENTALS INC.
Website: www.dcri.ca (Visit Our Online Virtual Tours)
Leasing Applications Currently Being Accepted

Open Houses For Accolade & Ultra Ovation:
Wednesday 5 p.m. – 7 p.m.
Saturday 1 p.m. – 4 p.m.

Big Apple cab scam smaller than originally believed

New York City's taxi commission chief says a scam thought to have cheated 1.8 million riders by overcharging for trips inside the city using a higher rate for trips to the suburbs is smaller than first believed because the meter button to activate the higher rate code was pushed at the end of the trip. THE ASSOCIATED PRESS

Sandstorms lash Beijing

Meteorologists expect gritty conditions to improve midweek

The dust works its way through keyholes and window frames, and smells like a filthy brew of dirt, smoke and metallic particles. The sky turns magenta and whole buildings disappear. Eyes tear up and throats get sore from coughing.

Northern China's spring sandstorms blew in with particular ferocity over the weekend, bringing misery to people working outdoors yesterday in Beijing and across a wide swathe of the country.

"It gets in your throat, under your clothes, in your bed," said Beijing street sweeper Xue Yuan. "I hate it, but there's really nothing you can do."

The storms are a product of worsening desertification in Inner Mongolia and other Gobi Desert regions hundreds of miles to the north and west of Beijing caused by overgrazing, deforestation, drought and urban sprawl. Strong winds pick up the loose dust and dirt, mixing them with industrial pollution.

GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

Paramilitary police march at Tiananmen gate yesterday as a sandstorm reduces visibility in Beijing, China. Cities across China are being battered by spring sandstorms, forcing residents to cover their faces with masks and scarves to protect against the swirling grit.

Beijing's air quality index was set at Level 4, one grade better than the most serious Level 5 that was reached Saturday as the mixture of sand, dust and pollution blasted the capital and its 22 million people. City meteorologists said conditions would improve, but warned the sand would linger through midweek.

In the past decade, Beijing has sought to counter the effects of desertification by planting grasses and billions of trees to hold back the desert, mostly to no avail. Along with bringing pollution, the storms underscore a looming water crisis in the north that the government is seeking to head off with a massive project to pump water from the south.

The last massive sandstorm to hit Beijing was in 2006, when winds dumped about 300,000 tons of sand on the capital.

THE ASSOCIATED PRESS

Eruption could have global effects: Expert

ICELAND Blasts of lava and ash shot out of a volcano in southern Iceland yesterday and small tremors rocked the ground, a surge in activity that raised fears of a larger explosion at the nearby Katla volcano.

An eruption at the Katla volcano could be disastrous — both for Iceland and other nations.

Iceland's Laki volcano erupted in 1783, freeing gases that turned into smog. The smog floated across the Jet Stream, changing weather patterns. Many died from gas poisoning in the British Isles. Crop production fell in western Europe. Famine spread.

The winter of 1784 was also one of the longest and coldest on record in North America.

"These are Hollywood-sort of scenarios but possible," said Colin Macpherson, a geologist with the University of Durham.

THE ASSOCIATED PRESS

Threat

- Katla volcano, under the massive Myrdalsjokull icecap, threatens disastrous flooding and explosive blasts when it blows. Five hundred people evacuated after Saturday's eruption have returned home. Residents of 14 farms nearest the site have been told to stay away.

News in brief

AUSCHWITZ Food coupons for some of the notorious Nazi doctors at the Auschwitz death camp — including perhaps the sadistic Dr. Joseph Mengele — have been found in the attic of a house. The documents, almost 300 in total, were found in the town of Oswiecim, where the Nazis built the Auschwitz-Birkenau camp.

TRIAL North Korea said yesterday that it will put an American on trial for entering the communist country illegally. State-run media identified him as Aijalon Mahli Gomes, 30, of Boston. THE ASSOCIATED PRESS

No purchase necessary. Canadian residents eligible to enter. To enter, log onto www.lindtgoldbunny.ca and correctly answer the questions about the location of the GOLD BUNNY statue. For each of the 20 questions you correctly answer, you will receive one entry into the contest. Contest is from March 1 to April 4, 2010. Chances of winning depend on number of eligible entries. Mathematical skill-testing question required. For full Contest rules, including other ways to enter, see www.lindtgoldbunny.ca.

Avalanche kills two skiers
Slovakia's mountain rescue service said an avalanche killed two Czech skiers yesterday. THE ASSOCIATED PRESS

EU joins in on criticism of Israeli building plans

The European Union yesterday condemned Israel's intent to continue building in east Jerusalem, saying it represents an obstacle to international peace efforts.

But former British prime minister Tony Blair, who is now a special Mideast representative, expressed confidence that despite the latest setbacks both the Israelis and Palestinians wanted the peace process to continue.

"The European Union has condemned all the settlement activities," said Spanish Foreign Miguel Angel Moratinos, whose nation holds the EU's rotating presidency. "We ask for a total freeze of settlement activity. We will pursue this policy."

EU foreign ministers met in Brussels a day after Israel's Prime Minister Benjamin Netanyahu announced Israel will not restrict construction in east Jerusalem.

The halt to settlement construction is a key demand by the Quartet of Mideast negotiators who are trying to restart negotiations between Israel and the Palestinians. Israel has agreed to curb settlement construction in the West Bank, but not in east Jerusalem, claiming the entire city as Israel's eternal capital.

Israel's tough stance on Jerusalem has also run into stiff opposition in Washington. Netanyahu is due to meet U.S. President Barack Obama today to discuss the impasse.

"The Netanyahu announcement is completely, utterly unacceptable," Finnish Foreign Minister Alexander Stubb said.

Blair, who briefed the EU on the Quartet's meeting in Moscow last week, said the setbacks of the last couple of weeks have been very serious.

"But these setbacks occur, and the key thing is to get back on track," he said. "I believe that irrespective of the events of the last few days, both Israelis and Palestinians want to see this work." THE ASSOCIATED PRESS

Threat of exploitation: Clinton

- New Israeli construction on land claimed by the Palestinians threatens peace efforts and undermines America's ability to help end the Arab-Israeli conflict, U.S. Secretary of State Hillary Rodham Clinton told a leading Jewish organization yesterday. Clinton said Israel's announcement of new housing in east Jerusalem exposed differences between the U.S. and the Jewish state that others could exploit.

NATACHA PISARENKO/THE ASSOCIATED PRESS

Argentine artist Nicolas Garcia Uriburu, in green, accompanied by Greenpeace activists, throws a colouring substance in the Riachuelo River yesterday during a protest in Buenos Aires, Argentina. The actions were to commemorate World Water Day.

World's water deadlier than war, new UN report reveals

POLLUTION More people die from polluted water every year than from all forms of violence, including war, the UN said in a report yesterday that highlights the need for clean drinking water.

The report, launched to coincide with World Water Day, said an estimated two billion tons of waste water — including fertilizer runoff, sewage and industrial waste — is being discharged daily. That waste fuels the spread of disease and damages ecosystems.

"Sick Water" — the report from the UN Environment Program — said that 3.7 per cent of all deaths are attributed to water-related diseases, translating into millions of deaths. More than half of the world's hospital beds are filled by people suffering from water-related illnesses, it said.

"If we are not able to manage our waste, then that means more people dying from waterborne diseases," said Achim Steiner, the UN Undersecretary General.

The report says it takes three litres of water to produce one litre of bottled water, and that bottled water in the U.S. requires the consumption of 17 million barrels of oil yearly.

THE ASSOCIATED PRESS

Blaming attacks from "partisan operatives," ACORN disbands
Scan code or text ACORN to 82442 for more.
Learn how to scan on the Local page.

Home Phone Lines
ALL FEATURES FREE

Are you STILL Overpaying for your Home Phone Line?

"I saved a fortune with Comwave last year, and the quality couldn't be better!"
Anna, Grimsby

Enhanced	Unlimited Canada	One Rate	Global
$14.95/month	$19.95/month	$29.95/month	$39.95/month
Unlimited Local Calling	Unlimited Calling to Canada	Unlimited Calling to Canada & U.S.A.	Unlimited Calling to 25 Countries!
All Features FREE	All Features FREE	All Features FREE	All Features FREE

ALL FEATURES FREE!
- VoiceMail
- Caller ID
- Call Waiting
- Call Forwarding

...and much more!

Don't Delay! Call Today and Get
6 MONTHS FREE!
- Satisfaction Guaranteed!
- Keep Your Existing Phone Number!

comwave
1-866-543-5097
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your Phone service no questions asked. Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T, Hawaii or Alaska. Rate guarantee is based on competitors lowest advertised rate for like services. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Terms and conditions apply, see www.comwave.net for details.

Akon gig sparks protest

Protesters outraged at an upcoming concert by R&B singer Akon hurled stones at a Sri Lankan private broadcaster's headquarters yesterday, injuring four workers and damaging the building. Akon has been accused of desecrating an image of Buddha in his music video Sexy Chick. THE ASSOCIATED PRESS

Church probes claims

Four priests and two nuns in the Regensburg diocese are under investigation for sexual abuse allegations, the diocese said yesterday, as a wider picture began to emerge of incidents decades ago in the Pope's native Bavaria.

Diocese spokesman Clemens Neck said that since allegations first surfaced earlier this month, the church has been pursuing the cases with the goals of achieving justice and help for the victims, punishing the offenders and preventing future crimes.

"The work of the last 14 days has shown us that serious wrongdoing was committed by spiritual leaders and members of the church," Neck said at a press conference called to provide an update on the investigation.

"We deeply regret what the spiritual leaders and church members did to these children and youths, and we ask for forgiveness on their behalf."

The Regensburg cases come among a spiraling child abuse scandal in the Roman Catholic Church in Germany, in which some 300 former students have come forward with claims of physical or sexual abuse. THE ASSOCIATED PRESS

New charges

- In addition to the six now under investigation, about whom further details were not given, Clemens Neck said there were two new charges of sexual abuse of a minor by a man identified as Friedich Z. who was already convicted of abuse charges in 1958, and one new charge against a Georg Z. who was convicted in 1969.

London **Not so friendly skies**

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Protesters on the picket line gesture as a British Airways plane comes in to land at Heathrow Airport in London yesterday. British Airways and the union representing its cabin crew are no closer to resolving a dispute over pay and conditions as a strike enters its third and busiest day.

Insurgents open peace talks

AFGHANISTAN A major insurgent group opened peace talks with Afghan President Hamid Karzai yesterday, but legislators warned the international community will need to be flexible if the negotiations are to succeed. Two delegations from Hizb-i-Islami, which has had loose ties to al-Qaida, arrived in Kabul over the weekend and a government spokesman confirmed they met with the president in the first direct contact with a guerrilla faction. THE ASSOCIATED PRESS

100% PERMANENT HAIR REMOVAL

A ARE YOU A FOOL? OF COURSE NOT!! That's why you're coming to OMI for your hair removal treatment.

B Why pay more elsewhere for poor results or less for no results when you can have the best in the business give you fantastic results?

C OMI's been proving themselves to you since 1979.

Monthly Special
Up to 75% OFF LASER!
(most OMI clients are male)

OMI on Rogers TV Channel 5
EXCLUSIVELY
OMI MEDICAL INC.
416•223•5500
www.omihair.com
OPEN 7 DAYS A WEEK

www.TheNationalJobFair.com

Ontario's Largest and Most Comprehensive Recruitment Event

MORE THAN 140 EXHIBITORS RECRUITING IN ALL SECTORS

THOUSANDS OF JOB AND CAREER OPPORTUNITIES IN ONTARIO, ACROSS CANADA AND ABROAD

16th edition The National JOB FAIR & TRAINING EXPO TORONTO

An event presented in collaboration with major sponsors Toronto SUN 24 EMPLOYMENT ONTARIO

Looking for a job? Ready for a new career?
Need help with employment? Want to start a small business?
Interest in continuing education & training?
Contemplating study or work abroad?

Be sure to take this unique opportunity: Thousands of multi-sector job, training, education and entrepreneurship offers to grab; plus all career services.

Four pavilions to visit + FREE Resumé Professional Assessment Centre + Career Posting Zone + FREE Public Presentations
FREE New Canadians Employment Consulting Centre + FREE Entrepreneurship Seminars + Documentation Centre + Onsite prizes

March 24 and 25, 2010 • From 10 am to 7 pm
Metro Toronto Convention Centre, South Building, Hall E • Admission $3.95

ASSOCIATE SPONSORS Employment News JOBguide BizLaunch.ca The Career Foundation ACCESS EMPLOYMENT
PARTNERS mycareer WorkInfoNet JOBpostings.ca RESUME MAGIC JOB L'EXPRESS

Un enfant, ça coûte cher…

ilfautsavoir.com
mustknow.ca

TORONTO
Associate Publisher, Irene Patterson
Managing Editor, Jim Reyno
Retail Sales Director, Tracy Day
Prod/Distribution Director, Gerry Moher

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Charlotte Empey
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Landmark victory for progressives

Among developed nations, the United States has had a unique standing. It was the only one not to offer its citizens comprehensive health care. For decades the redneck right blocked the march toward civility.

Now the march has reached the destination. Health-care reform passed its major legislative hurdle Sunday and will likely be given the final go-ahead this week. The triumph comes courtesy of the sustained effort of Barack Obama.

It's a remarkable win. Following the Democrats' loss of former Senator Ted Kennedy's seat in Massachusetts, it looked like health-care reform was dead. It looked as if Republican regressives were gaining momentum. The Sarah Palin movement is essentially a reactionary one, one that preys on people's base instincts and base prejudices, a rebellion of sorts against enlightenment and erudition. With her down-home charm, her ability to connect, Palin turned her knowledge deficit into a political attribute. She's made it cool to be uninformed.

Through much of the last century, it has been the hard-line Republicans who led the drive against other social security advances, who were the holdouts on civil rights, who pushed for handguns in every household. The health-care reform, the biggest social welfare advancement in decades, won't slow them much. It will give Rush Limbaugh and Glen Beck and Palin all the more reason to try to advance their backward agenda.

But for the moment the progressives lead the way. "Today is the day that is going to rank with the day we passed the civil rights bill in 1964," said veteran Democrat lawmaker John Dingell.

As a reflection of the polarization in American politics, not a single Republican voted in favour of the legislation. "This debate is not about the uninsured," said Devin Nunes, a California House member. "It is about socialized medicine. Today Democrats in this House will finally lay the cornerstone of their socialist utopia on the backs of the American people."

The legislation, Nunes forgot to mention, does not include a new government-run insurance plan like there is in Canada.

It won't be like the Canadian system, but it will nonetheless enhance the American reputation on this side of the border. Given that one of the deterrents for Canadians moving south was their weak health-insurance system, it may even lead to an increased brain drain. But in the circumstances, that's tolerable. The important thing is progress. A president who can lead the United States to a higher place is on the move.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

A snapshot of the nature/nurture debate

When artist Nina Maria Kleivan exhibited photos of her newborn dressed up as notoriously evil historic figures like Hitler, Stalin, Mao and Idi Amin, the castigating commentary that followed was predictable. Kleivan's baleful and shameless display of motherhood was a justifiable shock to our sensibilities.

What captivated my attention was Kleivan's contradictory line of reasoning about infant innocence and her peculiar way of raising the nature/nurture debate.

Kleivan actually disgraced the innocence of her infant to illustrate that we are "born a blank slate," topping off the photos with a nude picture of her daughter, explaining that it was to reveal her innate innocence.

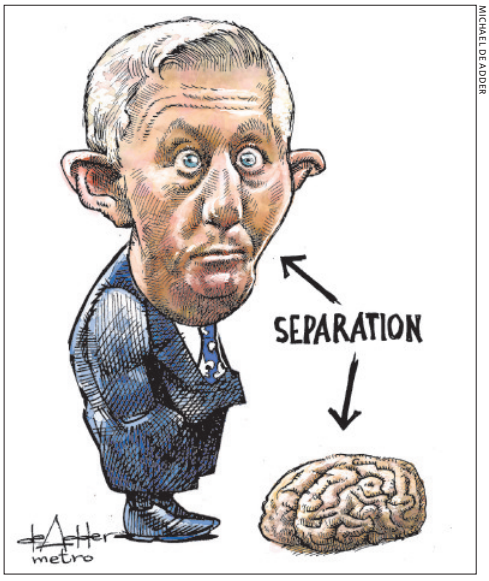
Her argument that "infants are born a blank slate" was a 17th-century theory by philosopher John Locke, who refuted innatism (that we are born with ideas) while asserting experience as the determinant in human development. With modern science, both nature and nurture have been found to interplay with one another. Genetic research has shown that people are wired with certain predispositions, even behavioural. This certainly does not mean that an infant can be evil. Choice determines outcome, which is indubitably influenced by nurture.

The sociopathic mental condition is a consummate example of the modern evolution of innatism, of which a strong genetic link has been established. Sociopaths are marked by their absence of conscience, amoral conduct, and inability to feel guilt and remorse.

On a positive note, later studies have shown that sociopaths can be softened through environmental influences, implying that whatever our propensities, there is a light at the end of the tunnel with proper nurturing.

So, just to be safe, let's not sport our infants in a collection of homemade tyrant ware. Instead, let's keep up the great work of dressing our precious bundles with bows, bow ties and booties!

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Toronto 1 Concorde Gate, Suite 703, Toronto, ON M3C 3N6, Tel: 416-486-4900; Fax: 416-482-8097; Advertising: 416-486-4900 ext. 316 • adinfotoronto@metronews.ca; toronto_distribution@metronews.ca; News: jim.reyno@metronews.ca

Apartment living made easy
Bayview Village Place
Live in a vibrant uptown community.
• Spacious suites
• Minutes to Hwy 401, DVP, TTC subway, Bayview Village Shopping Centre
• Fitness room and social room
• Award winning lobby
1 & 2 BEDROOMS FROM
$ 1,260*
640, 642 & 644 SHEPPARD AVE. E.
416 246 2888
More on this and other Vertica properties at vertica.ca
VERTICA RESIDENT SERVICES
* Prices and suite availability subject to change. Suites are unfurnished.

U.S. company building greener police cars

Connersville, Ind.-based Carbon Motors Corp., a new company planning to produce fuel-efficient police cruisers, said yesterday it had chosen Germany's BMW AG to supply more than 240,000 diesel engines for its Carbon E7 squad cars. THE ASSOCIATED PRESS

Business

DOLLAR	N.GAS	OIL	TSX
US 98.15¢	US $4.079	US $81.60	11,967.17
US 0.24¢	US 9¢	US 63¢	19.19

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bureau rejects new real estate rules

Changes to rules governing real estate services do not create more choice for homebuyers and sellers, and instead give realtors a "blank cheque" to impose new anti-competitive rules, the federal competition watchdog says.

The Canadian Real Estate Association loosened its rules yesterday to lift restrictions on realtors' minimum service requirements and allow consumers to use an agent to simply list their property and handle details on their own, including negotiations with potential buyers.

However, the Competition Bureau said the amendments protect CREA's ability to pass rules that could further restrict consumer choice, leading to reduced competition and higher fees.

Commissioner of competition Melanie Aitken said in a statement the amendments do not remove existing roadblocks faced by realtors who want to offer a more flexible range of "à la carte" services.

> **"These amendments amount to a blank cheque allowing CREA and its members to create rules that could have even greater anti-competitive consequences."**
> Melanie Aitken, commissioner of competition

"They are a step in the wrong direction. These amendments amount to a blank cheque allowing CREA and its members to create rules that could have even greater anti-competitive consequences."

About 87 per cent of the 300 representatives from real estate boards and associations across Canada who met in Ottawa yesterday approved the CREA's clarifications to rules governing the Multiple Listing Service, where the vast majority of Canadian home sales take place.

CREA allows only its members to post homes for sale on its MLS database, which is operated by regional real estate boards. THE CANADIAN PRESS

Rio Tinto employees admit to taking bribes in China

MINING Four employees of mining giant Rio Tinto pleaded guilty yesterday to taking bribes, lawyers and an Australian diplomat said, in an embarrassing case seen as part of a harsh new attitude toward foreign business in China.

Rio Tinto is one of China's top providers of iron ore and a key industry negotiator in commodity price talks with the government. Those charged included a Rio Tinto executive who was arrested along with three employees last year during fractious annual negotiations over iron ore prices.

The four also face charges of stealing commercial secrets, and final verdicts could take weeks.

Stern Hu, an Australian national, was Rio Tinto's top executive in charge of iron ore for China when he was arrested. Lawyers said Hu and three Chinese nationals pleaded guilty but disputed the amounts they are alleged to have accepted. THE ASSOCIATED PRESS

Accusation

- The Australian consul-general in Shanghai said Stern Hu, a top Rio Tinto executive, was accused of taking one million yuan ($146,000 US) and $790,000.

2% cash back on recurring bill payments†.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think®

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †For conditions: scotiabank.com/momentum

IMF bailout looming for debt-laden Greece

BAILOUT German intransigence over bailing out Greece has raised the chances the debt-laden country will be forced to turn to the International Monetary Fund for assistance, possibly by the end of this week, in an embarrassing setback for European political union.

Greece has around $27.1 billion US of debt maturing over the next couple of months and the last thing it wants is to pay sky-high premiums to get support in the international bond markets. But an unusually public spat between EU officials and German Chancellor Angela Merkel over how to help Greece has kept investors on edge ahead of an EU leaders' meeting Thursday.

"A crisis that began over Greece's borrowing costs is now metamorphosing into a more serious threat to the political and economic order in Europe as a whole," said Stephen Lewis, chief economist at Monument Securities in London.

EU governments said last week they would provide Greece with some form of support, possibly bilateral loans, should it be needed. Greece says it does not need a direct cash infusion, but concrete measures that will convince markets it will not be allowed to default. THE ASSOCIATED PRESS

6.42 Loans from the IMF would be cheaper than borrowing in the markets — on Friday, the interest rate on Greek 10-year bonds spiked to 6.42 per cent, the highest since late February and the spread between Greek and German 10-year bond yields has moved up to around 340 basis points, or just more than one-third of a percentage point.

Electrovaya snags Chrysler batteries deal

AUTOS Battery innovator Electrovaya Inc. got a high-profile boost yesterday from Chrysler Group LLC and the automaker's former chief executive.

Shares in the Mississauga-based company climbed as much as 25 per cent after the maker of lithium-ion battery systems announced Thomas LaSorda, former president and CEO of Chrysler, had joined the Ontario firm's board and is working as strategic adviser to its founder and CEO, Sankar Das Gupta.

Separately, Chrysler disclosed it has selected Electrovaya as supplier of lithium-ion batteries in the design of plug-in hybrid Ram trucks as part of a three-year demonstration project. Chrysler said it will build 140 trucks in total. TORSTAR NEWS SERVICE

China Google moves search engine

NG HAN GUAN/THE ASSOCIATED PRESS

A woman walks past the Google logo yesterday at the Google China headquarters in Beijing. Google has shifted its search engine for China off the mainland but won't shut it down altogether. Visitors to Google.cn were redirected to Google's Chinese-language service in Hong Kong. State media editorials over the weekend accused Google of helping forces abroad attack China and its laws, while calling efforts to pressure the country over its Internet censorship "ridiculous."

Altus Group profit shrinks

REAL ESTATE Altus Group Income Fund's fourth-quarter and full-year profits were lower compared with a year ago despite higher revenues, the real estate consulting company said yesterday.

Altus said net income shrunk in the final quarter ended Dec. 31 to $900,000 or five cents per unit from $3.4 million a year earlier.

The Toronto company's revenues rose to $64.5 million from $54 million.

For the full year, Altus Group earned $3.4 million or 18 cents per unit versus $9.5 million or 55 cents per unit in 2008. Revenues for fiscal 2009 rose five per cent to $219.8 million.

Late last year, Altus completed the acquisition of Page Kirkland Group, an Australia-based cost and project management consultant that operates in eight countries throughout the Asia-Pacific region. THE CANADIAN PRESS

Scan this code or text BIZ to 82442 for business news.
See the Local page to learn how to scan.

Biovail founder selling off shares: SEC report
The founder of Biovail Corp., Eugene Melnyk, has sold 9.6 million shares, or "substantially all" of his holdings. THE CANADIAN PRESS

Chrysler's power play

Automaker latest to join the electric-car party

Chrysler's new Italian management is revising the company's electric vehicle strategy, announcing yesterday it will build a fully electric Fiat 500 minicar to sell in the U.S. in 2012.

But Chrysler will still be a minimum of two years behind other major automakers, including Nissan Motor Co., General Motors Co., and Ford Motor Co., all of which plan to have rechargeable electric vehicles on sale later this year.

Engineers at Chrysler's Auburn Hills, Mich., technical centre are still developing the 500's electric battery and motor system, and they're shooting to get more than 160 kilometres on a single charge from a home outlet.

Chrysler said the U.S. would be the first market for the electric 500, and it would announce timing for other markets closer to the launch date. Pricing was not disclosed.

The strategy is far different from Chrysler's former owners, who in 2008 said they were working on an electric Jeep, Chrysler minivan and a Dodge sports car, with one of them to go on sale in 2010.

The sports car was completely electric and based on a Lotus frame, and the Jeep and Chrysler vehicles were similar to GM's Chevrolet Volt, which the company says can go 65 kilometres on battery power before a small internal combustion engine kicks in to generate power for the car.

Chrysler said yesterday it will take another two years to clear technology hurdles with the electric 500's battery and motor. The other vehicles that Chrysler announced before its stay in bankruptcy protection are still under study and could still be built, a spokesman said.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE PHOTO

Chrysler says the new Fiat 500 BEV, an all-electric minicar for the U.S. market, will hit showrooms in 2012.

From the brink

- Italy's Fiat Group took over management of Chrysler after last year's bankruptcy-protection drama and is in the process of revamping the poor-selling Chrysler, Dodge and Jeep brands.

You can create income today to pay off debt and create your financial future right now!

For details on paying off debt now go to www.abedwards.buildlastingsuccess.com

Independent Associate of PPL Legal Care of Canada Corporation

DRAMA. SUSPENSE. COMEDY.

Visit metronews.ca to watch metrotube

The video everyone's talking about.

Conseil scolaire de district catholique Centre-Sud

Tout un monde en soi!

French-language Catholic School Board
Ranked number one school board for student achievement in the GTA
See Fraser Intitute's Report Card on Ontario's Elementary Schools 2010
www.csdccs.edu.on.ca / 1-800-274-3764

Full time JK and SK in all of our elementary schools

Schools in Toronto:

Sacré-Coeur
25 Linden Street
Toronto (Ontario) M4Y 1V5
416-393-5219

Saint-Jean-de-Lalande
500 Sandhurst Circle
Scarborough (Ontario) M1S 3Y7
416-393-5369

Sainte-Madeleine
1 Ness Drive
North York (Ontario) M3A 2W1
416-393-5312

Georges-Étienne-Cartier
250 Gainsborough Road
Toronto (Ontario) M4L 3C6
416-393-5314

Saint-Noël-Chabanel
1300 Wilson Avenue
North York (Ontario) M3M 1H5
416-393-5321

Sainte-Marguerite-d'Youville
755 Royal York Road
Etobicoke (Ontario) M8Y 2T3
416-393-5418

École secondaire Mgr-de-Charbonnel
110 Drewry Avenue North York (Ontario) M2M 1C8
416-393-5537

Global Reach. Innovative Programs. Diverse Perspectives.

Schulich School of Business York University

Schulich Master of Finance

"The Schulich Master of Finance (MF) offers a highly marketable portfolio of knowledge in corporate and investment finance, including legal, governance, regulatory and global frameworks that impact financial decision-making."

Pauline Shum
Associate Professor of Finance
Director, Master of Finance Program

Innovative Programs.

Teaching informed by cutting-edge research. Integration of theory and hands-on learning.
A breadth and depth of content leading to multiple career options.
Experience Schulich.

MBA/IMBA/MF Information Sessions

Downtown Campus
April 8
6:00 pm–7:30 pm
Miles S. Nadal Management Centre
222 Bay Street, Suite 500

Main Campus
April 20
6:00 am–7:30 pm
Schulich School of Business
4700 Keele Street

To register, visit:
www.schulich.yorku.ca/infosessions

www.schulich.yorku.ca

Schulich Programs: MBA, Accelerated MBA, International MBA, MBA/JD, MPA, Master of Finance
Study Options: Full-Time, Part-Time Evenings, Days and Alternate Weekends

YORK UNIVERSITÉ UNIVERSITY

Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#12 in the world); *Forbes* (6th best non-US school); The Aspen Institute, a US think tank (#1 in the world in Social and Environmental Leadership); and *Expansión* (#18 in the world) in their most recent global MBA surveys. They also rank the Schulich MBA #1 in Canada.

Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance)

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.70%	0.65%	1.20%	1.20%	1.00%	0.75%	1.15%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Take stock of risk tolerance

AlisonOnMoney

I feel a slight pain in your chest while you're reading the stock pages or your RRSP statement? If the market has been sagging there's no coincidence. A recent preliminary study by researchers at Duke University discovered an increase in heart attacks after the recession began deflating stock prices in December 2007. When the market turned around the incidence of heart attacks decreased.

This confirms something I've always believed; some of us simply aren't cut out for the rigours of being a stock market investor.

When the market is rising, as it has been steadily for the past year, everyone is a steely-nerved market pro. But when the market slides a surprising number of people head for the windows.

The market term for this emotional reaction to your bottom line is risk tolerance. Advisers attempt to determine where you fit on the risk tolerance scale with a series of boilerplate questions. But it is an infernally difficult thing to measure, even for the most conscientious advisers. Certainly a handful of general questions aren't going to reveal what investors often don't know about themselves — just how much risk can I handle?

ALISON'S MONEY RULE
However brave you think you are as an investor, cut it in half at least. That's your real risk tolerance.

Most people are less than half as brave as they think. If you believe you can tolerate 50 per cent of your portfolio in stocks or equity mutual funds held in RRSPs, RRIFs or non-registered accounts you should start with 25 per cent or less. You can always increase it, but reducing your exposure after an anguishing market tumble is like shutting the barn door after the horses have bolted.

Also, I'm convinced that 10 to 25 per cent of investors are temperamentally unsuited to any stock market investment. They simply can't cope with the volatility, no matter what the potential gain.

You may be wondering why I'm bringing this up since the market has been so buoyant. Last week's rise in the Consumer Price Index signals the possibility of interest rate increases, which historically tend to dampen the market.

The Duke University study reveals that investing isn't just about the money. What good is a portfolio if you aren't alive to enjoy it?

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Health fraud can put your life at risk

HEATHER BUCHAN
for Metro Canada

Unlike other types of fraud, health fraud can cost you more than just money — in some instances, such as unknowingly taking counterfeit or unapproved medication, it can cost you your life.

The Canadian Health Care Anti-fraud Association estimates health fraud costs Canadians $5 billion to $15 billion annually.

Health fraud is committed by both patients and health-care providers and includes a complex variety of activities, including bogus weight-loss schemes, bogus cancer cures, billing for services not rendered, billing for unnecessary treatment, malingering (exaggerating one's illness or injury to collect more benefits), selling drugs and devices that have not been proven effective, filling false claims and more.

Fraud Prevention

Protect yourself

- Keep your health card in a safe place to protect yourself from identity theft.
- Read your benefit and billing statements to ensure you received the treatments that claim to be performed.
- Question "miracle cures" or "breakthroughs."
- Check with your doctor before taking new medication.
- Check with a health-care professional before taking any new treatment.

Even if you haven't been directly defrauded, the few individuals bilking Canada's health system means less of your money is spent supporting health care. As CHCAA explains, $15 billion can hire 20,000 new doctors and buy about 5,000 MRI machines.

PARK YOUR CHIP CARD HERE.

If you have a chip card, *insert it in the terminal first.* You'll avoid an unnecessary swipe of the card, and reduce the chance of fraud. If the terminal doesn't accept chip, you will be prompted to swipe your card. As part of Fraud Prevention Month, we remind you to always protect your PIN. In the unlikely event you do experience fraud, count on Total Loss Protection.* So insert your chip, and pay easy.

Everyday Simply®

For 25 years, proudly Canadian.

® The *Interac* logo, the armoured truck design and "Everyday Simply" are Trade-marks of Interac Inc. Used under licence. *Protection applies to losses resulting from circumstances beyond your control. Some conditions apply. Read more about the *Interac* Zero Liability Policy at interac.ca

WATCH YESTERDAY'S POST GAME VIDEO!
Featuring replays, interviews and sports commentary at **metronews.ca/Sports**

Sports

Goodell to chat with Big Ben

NFL commissioner Roger Goodell plans to meet with Steelers quarterback Ben Roethlisberger, left, about the star's off-field problems. Goodell already has spoken with team owners about Roethlisberger, who is accused of assaulting a 20-year-old college student in a Georgia nightclub March 5. Roethlisberger's lawyer says the quarterback committed no crime. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Marcum given the nod for opening day

BASEBALL Right-hander Shaun Marcum will be Toronto's opening day starter.

It will be the first time in eight years that Roy Halladay won't take the mound to open the Blue Jays' season. Now that Halladay has been traded to Philadelphia, manager Cito Gaston said yesterday it was an easy decision because of the way Marcum has pitched this spring.

Shaun Marcum

In two starts covering five shutout innings, he has allowed one hit and one walk while striking out four.

Gaston has not decided on the rest of the rotation for the opening series against Texas.

THE CANADIAN PRESS

Qualities of a captain?

Dion Phaneuf is never shy about making himself heard.

The defenceman has played just 16 games with the Toronto Maple Leafs and already carries a big voice in the team's dressing room. Of course, that shouldn't be a surprise given how much talking he does.

"I'm pretty sure he wakes up screaming at six in the morning," rookie forward Viktor Stalberg said after yesterday's practice. "I don't know how he does it. I'm still in a half coma until I take a shower in the morning. I'm pretty sure he wakes up screaming at people."

It's become a constant soundtrack for this Maple Leafs team. Whether it's a practice day or game day, whether players are on the ice or in the dressing room, Phaneuf's voice is never far away.

Coach Ron Wilson believes the 24-year-old has had a major influence on a young locker-room and cites that as one of the big reasons the team has reeled off victories in six of its last seven games.

"We're a lot louder on the ice," said Wilson. "You hear people yelling for passes and doing little things. He makes it fun to be out there. I appreciate that because it makes practice go by faster, it's a lot more intense out there because he does everything hard.

"He's very demanding of his teammates to practise hard, too. So they all kind of fall in line."

The perception of Phaneuf has clearly changed since the Jan. 31 trade that brought him to Toronto from Calgary. The strong personality he's now being praised for used to rub some the wrong way over four-plus years with the Flames.

Phaneuf has certainly enjoyed the change of scenery.

"I feel a lot better, to be completely honest with you," he said. "Like I said when I got here, it's a very exciting time for me, a fresh start. I feel real good again out there.

"There's been lots of positives."

There is growing speculation that Phaneuf is poised to become the next team captain, a position that has been vacant since Mats Sundin left Toronto in the summer of 2008.

Given his status in the locker-room and affinity for the situation, it looks like there could be a fit.

"I love the organization, I love the city, I love the team here," said Phaneuf. "The guys have been great right from Day 1 in accepting me into the room with open arms." THE CANADIAN PRESS

Dion Phaneuf

Sports in brief

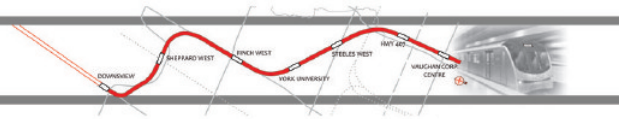
BLUE JAYS Brandon Inge hit a three-run homer to help the Detroit Tigers beat the Toronto Blue Jays 8-2 yesterday. Nate Robertson pitched 4⅓ innings for the Tigers, yielding two runs and five hits.

FOOTBALL NFL commissioner Roger Goodell likes the proposal to modify overtime in the playoffs. The competition committee recommends that a team surrendering a field goal on the first possession should have a series of its own in OT. Goodell says the idea "stays true to the integrity of the game" and finds it "very much worth considering."

NHL Philadelphia Flyers leading goal scorer Jeff Carter will miss three to four weeks with a broken bone in his left foot. Carter suffered the injury off a shot from Atlanta's Clarke MacArthur in Sunday's game.

CFL The Hamilton Tiger-Cats signed all-star linebacker Markeith Knowlton to a contract extension through the 2012 season, the CFL club said yesterday. The six-foot, 205-pound Knowlton recorded 94 defensive tackles, four forced fumbles, four fumble recoveries and four interceptions last season. METRO NEWS SERVICES

Toronto-York Spadina Subway Extension



Public Open House

Finch West Station

The Toronto-York Spadina Subway Extension (TYSSE) project will extend the TTC subway system from Downsview Subway Station to the City of Vaughan.

Toronto Transit Commission invites you to a Public Open House to view the preliminary design concepts for **Finch West Station**.

DATE: Tuesday, March 30, 2010
TIME: 6:30 - 8:30 pm
LOCATION: St. Wilfrid's Parish Hall (entrance at back)
1675 Finch Ave. West

A second Public Open House, featuring detailed architectural concepts will be held for the Finch West Station in the Summer of 2010.

Take Transit:
Take Route 36A,B,C,D Finch along Finch to Sentinal

For more Project information:
• Web: www.spadina.ttc.ca • Email: TYSSE@ttc.ca

Canada Ontario TORONTO York Region

THE VIDEO EVERYONE'S TALKING ABOUT

Visit metronews.ca to watch metrotube

Pujols expected to take a few days off

St. Louis Cardinals slugger Albert Pujols received an anti-inflammatory shot yesterday for tightness in his back and is expected to be out of action for the next couple of days. The three-time NL MVP missed a week this spring because of lower back pain he described as feeling like spasms. THE ASSOCIATED PRESS

JIM ROGASH/GETTY IMAGES

Omar Samhan of the Saint Mary's Gaels lays in a bucket against the Villanova Wildcats Saturday in Providence, R.I.

Going for greatness

Gaels centre silences doubters

Omar Samhan walked into freshman orientation at Saint Mary's in 2005 as an overweight teenager who was unwanted by almost every other school and boldly proclaimed that he would play in the NBA one day.

"Everybody else in that room laughed," Samhan said. "Nobody thought I was serious."

Samhan received a similar reaction earlier this month when he predicted his Gaels would win the national championship.

After leading the tournament in scoring and one-liners the first weekend to help Saint Mary's make it to the regional semifinal for the first time in more than 50 years, it might be time to stop doubting Samhan.

The transformation from the pudgy freshman who needed to sit out his first year, and purposely committed fouls at times the following season just to get a break to catch his breath, to the big man dominating the NCAA tournament with old-school post moves and a soft touch is a simple case of hard work.

From the 6 a.m. workouts, to the midnight trips to the gym to all the work in the weight room and on the court in between, Samhan has dropped about 60 pounds since arriving at college and added so much to his game.

It all stems from a three-word mantra he estimates he has heard "at least three million" times from head coach Randy Bennett or associate coach Kyle Smith: "Good or great."

"It's really something that powered me and made me a better player," Samhan said. "There are very few people who are willing to work hard enough to be good. The people who are willing to do what it takes to change that from good to great is such a small number. I want to be one of those."

THE ASSOCIATED PRESS

ScanLife

Losing to know-nothings in your March Madness pool? Blame cockiness.

Scan code or text POOL to 82442 for more.

Learn how to scan on the Local page.

SCOREBOARD

NBA

YESTERDAY'S RESULTS

TORONTO 106 Minnesota 100
Chicago 98 Houston 88
Miami 99 New Jersey 89
Milwaukee 98 Atlanta 95
New Orleans 115 Dallas 99
Orlando 109 Philadelphia 93
San Antonio 99 Oklahoma City 96
Boston at Utah
Memphis at Sacramento
Phoenix at Golden State

NHL

YESTERDAY'S RESULTS

Ottawa 2 Montreal 0
Detroit 3 Pittsburgh 1
Colorado at Los Angeles

For more scores, visit metronews.ca

Argos veteran waits for call

CFL Jonathan Brown knows he probably has a long wait ahead of him.

At 34, the guy who anchored the Argonauts defensive line for the past six seasons is waiting for an offer to continue a CFL career he believes still hasn't reached its best-before date.

But he knows that because he's on the dark side of 30, there won't be a contract waiting for him until the weather is a lot warmer, if then.

"I haven't been in this position before, but I figure when you get up in age, they kind of take their time with you," the free agent said from his Texas home.

"They're always looking for somebody as talented as a veteran, but who doesn't want as much money.

"If April or May comes and they haven't found somebody younger and cheaper, they'll take a look at guys like me."

One Argo managed to escape the curse of the 30-plus was running back Jamal Robertson, the team's best offensive player in 2009

The 33-year-old signed a three-year, free-agent contract with the B.C. Lions yesterday after the Argos passed on his services despite him becoming the first Argo since 2001 to rush for more than 1,000 yards.

But even Robertson had to wait more than a month after free-agency season started.

Once a football player crosses 30, statistics don't mean a whole lot.

"It's kind of an occupational hazard," said Robertson's agent, Bardia Ghahremani. TORSTAR NEWS SERVICE

2% cash back at eligible gas stations.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think.

Scotiabank

®Registered trademarks of The Bank of Nova Scotia. †For conditions: scotiabank.com/momentum

MLS players happy to have deal

SOCCER Even without free agency as part of a new collective-bargaining agreement, Major League Soccer players are pleased with the progress made when it comes to their rights.

The new five-year labour contract between the MLS and its players union was announced Saturday, less than a week before the season was scheduled to begin. And while the free agency players hoped for isn't part of the new deal, the increase in guaranteed contracts and more freedom to find a better situation was satisfactory from the players' standpoint.

"Credit to the league, credit to the players that we now have a five-year deal in place that both sides can feel comfortable with," Seattle Sounders FC goalkeeper Kasey Keller said yesterday. "You're never going to get everything that you want on both sides. It was a credit that both sides wanted to get something done, both sides gave where they needed to give and we're playing because of it."

With talk of a strike or lockout now set aside, the league can focus on Thursday night's season opener featuring the Sounders and expansion Philadelphia.

Keller was among a number of players who made the trip to Washington, D.C., for the final days of negotiations.

THE ASSOCIATED PRESS

Guaranteed deals

- Under the principles of the new agreement, the majority of players will now receive guaranteed contracts, a number Kasey Keller said will be closer to 60 per cent, rather than the previous 18 to 20 per cent.

TOM DIMSCHEID/THE ASSOCIATED PRESS

Toronto Raptors forward Chris Bosh lunges for a pass in front of Minnesota Timberwolves forward Kevin Love.

Raptors move into tie for 7th spot in East

NBA RESULTS

Raptors 106 T-Wolves 100

NBA Chris Bosh had 21 points and 10 rebounds to help the sluggish Toronto Raptors hand the Minnesota Timberwolves their 13th straight loss, 106-100 last night.

Andrea Bargnani had 19 points and seven rebounds for the Raptors, who beat the Timberwolves for the 12th consecutive time to move into a tie with Charlotte for the seventh seed in the Eastern Conference.

Al Jefferson had 22 points and seven rebounds for the Timberwolves, who have lost 19 of their last 20 games. They trailed 94-92 with 3:29 to play, but couldn't come up with any key stops down the stretch to end their skid.

Bosh broke his own franchise record with his 44th double-double of the season. It was also the 36th time this year he has had at least 20 points and 10 rebounds, the most in the league.

After losing eight of their previous 10 games to fall to eighth in the East, the Raptors got a little two-game breather on the schedule with trips to New Jersey and Minnesota, the two worst teams in the league.

They cruised to a win over the Nets on Saturday night, then outlasted the Timberwolves in a lacklustre performance.

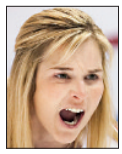
Antoine Wright and Sonny Weems scored 13 points each off the bench for the Raptors, who got just 10 points on 3-for-7 shooting from Hedo Turkoglu.

Wayne Ellington scored 17 points and Jonny Flynn had 14 points and six assists for the Timberwolves, who are approaching the 15-game losing streak that followed a season-opening win over the Nets earlier this year.

THE ASSOCIATED PRESS

'I'm not a night owl': Morning games no problem for Jones

CURLING Jennifer Jones' alarm clock will go off much earlier for the rest of the round robin at the women's world curling championship.



Jennifer Jones

After playing afternoon and evening draws the first three days of the tournament, the Canadian skip and her rink from Winnipeg have three straight mornings of games at 8:30 a.m. local time, starting today against Denmark.

That's an early start when the curlers need to eat, get to the rink and stretch, particularly when they've played an evening draw the previous night as they did yesterday.

Jones doesn't mind. The 35-year-old corporate lawyer and her teammates are veterans of the evening-morning draw schedule and adjust their eating and sleeping around it.

"Probably my favourite draw to play is a morning draw," Jones said yesterday after Canada's win. "I'm up anyway. I can't sleep in. It's a curse. I might as well get out there and curl. I'm not a night owl, that's for sure."

Canada (4-0) was the only unbeaten team at the world championships heading into the late draw last night against defending champion Wang Bingyu of China (1-3). The Jones foursome, doubled Latvia's Iveta Stasa-Starsune 12-6 in the afternoon. THE CANADIAN PRESS

Interesting sap fact

Fascinating fact about bigleaf maple syrup: It is made from the sap of bigleaf maple trees which are native to the Pacific Coast, in particular Vancouver Island, the Gulf Islands and the Lower Mainland. THE CANADIAN PRESS

Food

Culinary tips collected

If your method of cooking Italian risotto consists of stirring the ingredients in a pot over a hot stove for what seems to be ages, there is a simpler technique. It can be found in Susan Sampson's 12,167 Kitchen and Cooking Secrets: Everyday Tips, Hints, Techniques and More (Robert Rose, $27.95, paperback). The Toronto Star food writer offers readers more than 700 pages of food tips and suggestions brought about by new technology. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Former supermodel Sophie Dahl, known for her voluptuous curves, has channeled her love of food into a new cookbook and TV show.

Dahl is a *model* chef

New book takes former cover girl from runway to kitchen

CELIA MILNE
for Metro Canada

"Words are as important to me as recipes. I love all those round words like abundance and voluptuous."
Sophie Dahl, author & former model

Supermodels aren't known for sumptuous cooking and extravagant eating, but Sophie Dahl has broken the mold.

Dahl, 32, who has graced the cover of Vogue and posed nude for an Yves Saint Laurent Opium ad, is the proud author of Miss Dahl's Voluptuous Delights (HarperCollins), a new cookbook that dishes sensual pleasure through food.

Though she has certainly tried her fair share of diets — and talks about them in the book — Dahl has overcome earlier weirdness about food and answered what she calls a siren call to the kitchen. "I live for cookbooks. I go to bed reading recipes," she told Metro in a phone interview from the U.K., where she lives.

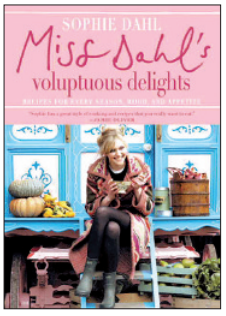
Recipes such as Vegetarian Monkfish with saffron sauce, Coconut Curry with Shrimp and Poached Eggs on Portobello Mushrooms with Goat's Cheese are lovingly presented and beautifully photographed.

Dahl is a vegetarian — "the hangover of a hippie childhood" — so the recipes reflect that. In her modelling days, she was known as "the voluptuous Sophie Dahl" because she wasn't paper-thin like most models.

"When I started modelling I was a curvy, round 18-year-old. As I got older I stopped sticking my head in the fridge every two minutes and started exercising, so then I wasn't so round. The great voluptuous Sophie Dahl, there's a myth to the whole thing," she says.

In the cookbook, she writes playfully about the effect her curvaceous figure had on people. "The photographers at the end of the runway would sometimes catcall and whistle. It had been a long time since the advent of tits in fashion, so they were pretty enthused."

Writing is in Dahl's genes. She's the granddaughter of the famous Roald Dahl, author of children's books James and the Giant Peach and Charlie and the Chocolate Factory' She shares his famous sense of humour, which comes through in the names of her recipes. Try Hangover Eggs ("when nothing but a fry-up will do") or Coquette's eggs, which she served once to then-boyfriend Jamie Cullum, who is now her husband.



Miss Dahl's Voluptuous Delights by Sophie Dahl.

Dahl has already written one novel and is writing another. She's also working on a cookery show for BBC, "like the world needs another!" she laughs.

"As much as I love food, I also love words," says the prolific Dahl. "Words are as important to me as recipes. I love all those round words like abundance and voluptuous."

New ways to use the tools you have: Rethinking the vegetable peeler

TIPS Kitchen gizmos are usually created and marketed with a sole purpose that's obvious from the name — vegetable peeler, garlic press, potato masher.

But as chefs and food experts know, most tools can be put to use in a multitude of ways that make your cooking easier, faster or more impressive.

Take the vegetable peeler — a kitchen essential for getting to the heart of carrots and potatoes.

Ann Taylor Pittman, food editor of Cooking Light magazine, uses the peeler to shave hard cheeses like Parmigiano-Reggiano, pecorino Romano and Asiago.

"The beautiful shavings have a bigger flavour impact than grated. Nice for topping salads, pasta, pizza or flatbread," says Pittman.

Kate Merker, associate food editor at Real Simple magazine, recommends using a vegetable peeler for removing strips of citrus zest (usually lemons, limes and oranges) to use for twists in cocktails.

And Food Network's Clair Robinson puts peelers to use in baking, using them to shave chocolate. "I have even used it to shave butter ribbons for decoration or to melt frozen butter super quick!"

THE ASSOCIATED PRESS

Peeling outside of the kitchen

• Kate Merker, associate food editor at Real Simple magazine even finds uses for her vegetable peeler outside the kitchen. Use the peeler to revive the aroma of scented ornamental soaps by shaving just a bit off the underside, she says.

THE ASSOCIATED PRESS

Vegetable peeler.

HEARTBURN
MIXING UP
A RECIPE
OF ITS OWN?
DEPEND ON
TUMS®
TO HELP YOU
FEEL BETTER FAST.
TUMS® Always there for you.
Visit Tums.ca for more information and additional savings.
TO THE DEALER: Upon receipt of this coupon toward the purchase of the specified products, we will reimburse you the face value of the coupon plus regular handling. Application for redemption on any other basis may constitute fraud and will, at our opinion, void coupon presented. Applications for reimbursement accepted from principals only. Not valid with any other offers. FOR REDEMPTION, MAIL TO: GlaxoSmithKline Consumer Healthcare Box 3000, Saint John, NB E2L 4L3 Coupon valid in Canada only. Limit one coupon per purchase per customer. No facsimiles accepted. MANUFACTURER'S COUPON EXPIRES December 31, 2010. ® or licensee © GlaxoSmithKline
$ SAVE 2
WITH THE PURCHASE OF 2 BOTTLES OF TUMS®
83827684

The baking bond

A recent survey commissioned by Dr. Oetker has uncovered that two-thirds of Gen Y Canadians are looking to spend more time baking and more than 85 per cent of all Canadians believe it is an important activity to teach their kids. METRO NEWS SERVICES

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Spring sipping

Talk about March madness. The weather has been so civilized in my neck of the country that I've been out raking some of the leaves from last fall that I've been pretending belonged to my neighbours.

The best thing about warm early spring temperatures is that they give you a head start on cracking open some floral white wines: Ones that mirror the fresh aromas and flavours associated with the season.

Chenin blancs top my list. Long associated with France's Loire Valley and the vineyards of South Africa, the off dry wines made with the grape sadly continue to lose ground to fruitier competition created with riesling and viognier.

Produced in South Africa's Western Cape **MAN Vintners' 2008 Chenin Blanc** ($11.99 - $13.99) combines tropical fruit with palate-tingling acidity, making it a nice match with fruit, fish and light chicken dishes.

Chenin blanc may be the only white grape not (I think) in the **2008 Conundrum** ($24.95 - $29.29): A mysterious California blend that sports a new label to go along with this latest vintage. Big on exotic fruit flavours, it's a springtime classic.

So goodbye winter, let's just hope Mother Nature isn't getting a jump on April Fool's Day.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Personal Gourmet recipe of the month

ROSE REISMAN

Kid favourites

My newest book (17th!) titled, Rose Reisman's Family Favorites has just hit the stores.

I'm so excited about this book because it addresses what we all have to be more aware of and that's bringing our families back to the table to "break bread."

Our rising obesity, diabetes type 2, heart and stroke disease and certain cancers are directly related to how we eat and we are now finding that our children are paying the price. One in four children today are overweight or obese and already have symptoms of high blood pressure, high cholesterol and borderline diabetes type 2. We can change all of that by getting back to our kitchens and cooking delicious, simple and healthier meals. 0I know this book will benefit everyone.

Here are a few of my favorite family meals:

Rose Reisman's Mushroom and Spinach Miniature Lasagna Rolls.

2% cash back at eligible grocery stores[1].

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think.[®] Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. [1]For conditions: scotiabank.com/momentum

Mushroom and Spinach Miniature Lasagna Rolls

PREP TIME: 20 MINUTES
COOK TIME: 45 MINUTES

Instead of making the usual lasagna, in which leftovers often seem to go to waste, I opted for this version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

SERVES 4

INGREDIENTS:

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups finely chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce (or store-bought spaghetti sauce)
- 3 Tbsp shredded mozzarella cheese

METHOD:

1. Preheat the oven to 400°F.

2. Bring a large pot of water to a boil. Add the lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Lightly coat a large, nonstick skillet with cooking spray, add the oil and set over medium-high heat. Add the onion and garlic and sauté for 5 minutes.

Add the mushrooms and sauté for 5 more minutes or just until the mushrooms are no longer wet.

Add the spinach and allow the spinach to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place the mixture in the bowl of a food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of the tomato sauce into a 9- x 13-inch or 11- x 7-inch casserole dish. Spread about 1/4 cup of the cheese mixture along the length of each sheet.

Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour the remaining 1/3 cup of the tomato sauce over and sprinkle with the grated mozzarella cheese.

Cover with foil and bake for 20 to 25 minutes or just until heated through and the cheese is melted. Serve hot.

Make ahead

- **Mushroom and Spinach Miniature Lasagna Rolls:** Prepare up to a day in advance and reheat in a 350°F oven for 10 minutes or just until warmed through.
- **Sweet 'n Sour Chicken Meatballs with Rice:** Make the meatballs up to 2 days in advance and reheat gently on top of the stove. Can be frozen for up to 6 weeks. Great for leftovers.

Sweet 'n Sour Chicken Meatballs with Rice

PREP TIME: 20 MINUTES
COOK TIME: 30 MINUTES

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol of regular ground beef, but feel free to substitute any meat of your choice for the chicken. I like to use the Heinz style of sweet chili sauce for this recipe, since it's not as spicy as Asian chili sauce.

SERVES 6

Rose Reisman's Sweet 'n Sour Chicken Meatballs with Rice.

INGREDIENTS:

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 Tbsp ketchup
- 5 Tbsp seasoned dry breadcrumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup diced red bell pepper
- 2 cup diced green bell pepper
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce (Heinz)
- 2 Tbsp brown sugar
- 1 Tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 Tbsp chopped parsley

METHOD:

1. In a bowl, combine the chicken, onion, ketchup, breadcrumbs, egg and salt and pepper and mix well.

With wet hands, form the meatballs, using about 1 Tbsp of the mixture for each.

Place on a plate and set aside.

2. In large saucepan, heat the vegetable oil over medium heat. Add the garlic and onion and cook just until softened, about 3 minutes. Add the bell peppers and cook for another 4 minutes. Add the tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce the heat and simmer for 25 minutes, or until the meatballs are cooked through.

3. Meanwhile, bring the rice and water to a boil, then cover and simmer for 10 minutes. Remove from the heat and let stand for 10 minutes, covered.

4. Serve the meatballs and sauce over the rice. Garnish with pineapple and parsley.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

B.C. chef up for award
The James Beard Foundation nominated two Canadians for its coveted food, beverage and restaurant prizes, including B.C. chef James Walt for his cookbook Araxi: Seasonal Recipes from the Celebrated Whistler Restaurant. THE ASSOCIATED PRESS

Make your vodka shine

Mixologist touts the potential of the popular distillate

RICK MCGINNIS
for Metro Canada

Some drinks have a bad reputation — rye used to be the favorite tipple of cheapskates, fortified sherry was beloved of maiden aunts who kept a bottle for years behind the spice rack, and malt liquor might as well be sold with a stolen handgun and your choice of bandanna — blue for crips and red for bloods.

Vodka, on the other hand, has no reputation. Clear and odorless, it's known — at worst — as the preferred libation of secret drunks who think they can hide their habit mixed into soft drink cans or fruit juice.

It hasn't helped that cheaper vodkas have appealed to this image with brand names like Silent Sam, or no-name packaging that does little to distinguish the spirit from alcohol, and it's for that reason that premium vodkas have had a hard time establishing a foothold.

Claire Smith began bartending while a student at Nottingham Trent University in England, went pro after winning several cocktail competitions and found herself working as a brand ambassador for Wyborowa and Luksusowa before landing a job as head of Spirit Creation and Mixology for Belvedere, Moet Hennessy's premium vodka brand.

In the bar of Toronto's Four Seasons hotel, she demonstrates how vodka, far from providing the stealthy kick for any indiscriminate mixer, can enhance a drink like no other distillate.

She makes a Raspberry Shrub — a mix of equal parts Belvedere vodka and an infusion of fruit and vinegar with a dash of rhubarb bitters, a refreshing morning drink that could replace a Bellini. "There's no nobility to those alcohols," she says, talking about all those interchangeable vodkas with their cute names and gimmicky packages. "They're just fuel."

While the vinegar hits your nose first, the fruit comes rushing in quickly, like a bracing breeze. A good vodka does this effortlessly, she says, adding that there's no reason to store the decent stuff in the freezer — better to keep them in the fridge alongside white wine, where they're "cold to the point where flavour is being delivered.

Smith moves on to some other drinks, including a variation on the Bloody Mary involving muddled cherry tomatoes, an elegantly simple martini, and a mule made with ginger beer and lime. They're all bracing and bright, with a single flavour — often coming from a dash of bitters — hitting your palate before the long tail of a more dominant mixer slides along.

Vodka ended up getting lost in the mix when bartenders started using it for punch and nothing else, usually at the base of some baroque concoction. "The last few years we've been all about the creativity and less about the ingredients." That's changing, she says, and really good vodkas have been reevaluated as more than just a bartender's utility.

"You shouldn't do too much," she says. "One of the challenges is that you want to be super creative, but it's important that the hero is the vodka."

PHOTOS BY RICK MCGINNIS/FOR METRO CANADA

Claire Smith, head of Spirit Creation and Mixology for Belvedere. Her recipes prove vodka is more than just a bartender's utility.

"You shouldn't do too much... One of the challenges is that you want to be super creative, but it's important that the hero is the vodka."
Claire Smith, Head of Spirit Creation and Mixology for Belvedere

Claire's favourite cocktails

Belvedere Raspberry Shrub

INGREDIENTS:
- 2 oz Belvedere Vodka
- 2 oz Raspberry Vinegar Shrub
- Dash rhubarb bitters
- Rocks

METHOD:
Shake all ingredients and serve in wine glass.

Intense Kashmir Mary

INGREDIENTS:
- 1 1/2 oz Kashmir tea infused Belvedere Intense
- 4 or 5 cherry tomatoes
- Dash lemon juice
- Dash Tobasco
- Cubed ice

METHOD:
Muddle tomatoes with lemon juice. Add remaining ingredients and shake with cubed ice. Double strain into a chilled martini glass.

Moscow Mule

INGREDIENTS:
- 1 1/2 oz Belvedere Vodka
- 1/2 fresh lime
- Dash of simple sirup
- Dash of angostura bitters
- Ginger beer
- Cubed ice

METHOD:
Shake all ingredients together apart from ginger beer. Pour over cubed ice and top with ginger beer. Garnish with a lime wedge.

RECIPES COURTESY OF CLAIRE SMITH

Seder is focal point of upcoming Passover

CELEBRATION Some facts on the Passover seder:

- It takes place the first two nights of the eight-day holiday and is the most important event in the Passover celebration.
- Leading up to the first night of Passover, the home is cleaned and cleared of all yeast food, called hametz.
- The rules surrounding Passover are strict and many Jewish families allow only special foods, utensils and dishware in their homes.
- Only foods that are kosher for Passover are allowed.
- No leavened foods or grains are eaten. Instead, matzo and foods containing matzo are eaten. This is to commemorate the Israelites who fled quickly into the desert with no time for their breads to rise and were forced to bake the dough into hard crackers in the desert sun.

THE CANADIAN PRESS

In brief

FILM Cooking With Stella, a social satire directed by Dilip Mehta (in theatres), is a love letter to Indian food. The film is inspired by Canadian chef Cameron Stauch, who cooked for former Governor General Adrienne Clarkson for two years until his diplomat wife was posted to New Delhi. Stauch served as food consultant/stylist on the film. TORSTAR NEWS SERVICE

PIZZA NOVA
CALL 416 439-00-00
Limited time offer. Taxes extra. Pick-Up ONLY. Valid at participating stores only.

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Vegging out on a low carb diet

JANINE FALCON
for Metro Canada

Studies over the past few years suggest that a low-carb intake is a significant factor in weight loss, and that combined with a high-protein and high-fat approach, can help improve levels of good cholesterol (HDL) and lower triglycerides (fat), and thus reduce the risk of heart disease.

But what if you're a vegetarian? If you rely on carbohydrates as a significant diet component, how do you do low-carb?

The type of carbohydrate to avoid is key — we know not all carbs are created equal.

Those made with flour or sugar hit the top of the don't-eat list.

However, nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts, says Colette Heimowitz, VP of Nutrition and Education for Atkins, the low-carb diet which seemed to have the most independent-study success.

DAVID COOPER / TORONTO STAR

Vegetarians need a wide variety of plant sources to give them all the amino acids they need for a healthy functioning body.

"People are only familiar with the initial two-week induction plan, which is designed to induce fat burning in the body rather than carbohydrate burning," Heimowitz says — surprisingly — that Atkins is vegetarian friendly.

For non meat-eaters, the program's protein, fibre, healthy fats and essential amino acids come from tofu, eggs, nuts, seeds and cheese, she explains. Also acceptable are cottage cheese, yogurt and vegetable oils.

"You need a broad variety of amino acids from a variety of plant sources," stresses naturopathic doctor Alan C. Logan, who researches and consults for Genuine Health.

For example, on paper, peas appear to provide all the necessary amino acids.

"Nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts."

But if you eat only peas, "you'll get some amino acids, but lack a few, including methionine, which is important for reducing joint inflammation, and tryptophan, which the body needs to manufacture serotonin, which regulates mood," he explains.

"You need an 'orchestra' of sources for everything you need."

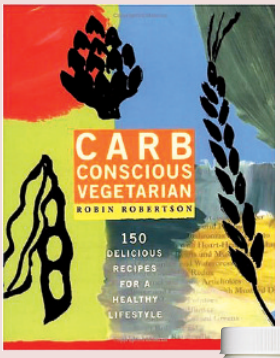
Logan suggests making space in the low-carb allotment for small amounts of brown rice, which "provides a tremendous amount of antioxidants and fibre."

He also advises adding hemp, which serves up twice the lysine that tofu does for anti-viral and immune-system support, double the methionine of egg whites, and eight times the tryptophan available from milk.

Brown rice, hemp and peas are in Genuine Health Vegan Proteins+, which contains all the essential amino acids and protein (also sourced from cranberries and alfalfa).

The powder supplement can back up a low-carb diet, and is formulated without animal products, corn, dairy, wheat, soy, yeast, sugar or preservatives.

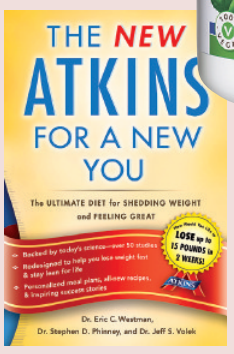
A healthy helping hand



Carb Conscious Vegetarian by Robin Robertson (June, 2005), $21.95 at amazon.ca; a recommendation by Dr. Logan for its recipes.

Genuine Health Vegan Proteins+ provides low-carb vegetarian back-up with essential amino acids and protein sans corn, dairy, egg, wheat, soy, yeast, animal products, sugar or preservatives. 280 g, $21; 840 g, $47, at health stores.

PHOTOS PROVIDED



New Atkins for a New You by Dr. Eric C. Westman, Dr. Stephen D. Phinney, and Dr. Jeff S. Volek (March, 2010), $19.99 at amazon.ca

Walking has never been this rewarding

Take part in the MS Walk on April 18 and help thousands of Canadians affected by multiple sclerosis. Register by April 4 to be entered for a chance to win a $250 AVEDA gift certificate*.

Register now to end MS at www.mswalks2.ca

*for contest details visit www.mswalks2.ca

MS WALK
EVERY STEP MATTERS.

STUDENT WORKS PAINTING
BRINKS
Chatelaine
MS Multiple Sclerosis Society of Canada

Canadian Spondylitis Association

2010 Annual National
SPONDYLOARTHRITIS
PATIENT FORUM

April 10, 2010,
(Saturday - 9:30 a.m. to 4:00 p.m.)
Delta Chelsea Hotel, Mountbatten Room
33 Gerrard Street W., Toronto, Ontario
Registration starts at 9:00 a.m.

You are cordially invited to this FREE event. Refreshments and light lunch will be provided.
To register, contact: 1-800-344-6926 or 416-603-5800 ext. 5093,
or email: mmorales@uhnresearch.ca

Patients with ankylosing spondylitis, psoriatic arthritis, enteropathic or reactive arthritis are invited to attend along with a family member. Featured topics include treatment guidelines for SpA, significance of early detection, impact of SpA on daily life, challenges in children, access to therapeutics and ask the experts with a question and answer panel discussion.
Get involved and make your voices heard!

SPARCC

Featuring Canada's leading scientists and researchers, including prominent guest speakers!

The Arthritis Society

Tired of stiff and achy joints? Knee pain? Back pain?

Fast acting Relēv-X can give you natural joint pain relief within 48 hours without any side effects, only side-benefits!

Relēv-X is a pain relief alternative made from a blend of all-natural ingredients so you can avoid the potential side effects of common pain medications, such as non-steroidal anti-inflammatory drugs (NSAIDs).

With Relēv-X, you absorb the joint pain relief benefits more quickly and completely as it uses Omega Suspension Technology™ (OST®), which fully suspends active ingredients in omega oils for improved absorption.

Relēv-X does not contain any binders, lubricants, fillers, artificial preservatives or colours, and all fish oils are molecularly distilled for purity.

After all, you are what you absorb!

Joint pain relief

in less than 48 HOURS

"I have been using Relēv-X for several years and I am experiencing pain free flexibility...thanks to Platinum's Relēv-X."

-Catherine G, British Columbia

While quantities last!

0054

GET 20% more!

Receive a free 20 softgel pack with the purchase of one bottle of Relēv-x 90 softgels

Limit one (1) coupon per purchase. Cannot be combined with any other offer.

Omega Suspension Technology

Easy to absorb thanks to OST®

Visit us at **www.platinumnaturals.com**

Available at your local health food store

TORONTO CENTRAL

Nutrition House Eaton Centre
1 Dundas Street West
416-598-3111

Nutrition House Eaton Centre
218 Yonge Street
416-598-2638

Nutrition House Hudson Bay Centre
57-2 Bloor Street East
416-972-1441

Evergreen Natural Food
513 St. Clair Ave.West
416-536-2932

Markie Pharmacy
1235 Bay Street
416-969-9332

Ginkgo Health Shoppe Holt Renfrew Centre
50 Bloor Street West
416-961-1710

The Health Shoppe
1375 Yonge Street
416-968-1225

The Health Shoppe
41A Charles St West
416-923-5071

Nutrition House BCE Place
161 Bay Street
416-216-4545

Nutrition House TD Centre
66 Wellington Street West
416-955-9425
(Naturopathic Doctor available)

Whole Health Bay
777 Bay Street
416-850-4641

A1 Nutrition Standard Life Building
121 King Street West
Concourse Level
416-368-0847

Noah's Natural Foods
2395 Yonge Street,
416-488-0904
322 Bloor St. West,
416-968-7930
667 Yonge Street,
416-969-0220

Ottway Herbs
3188 Yonge Street,
416 487-8307
453 Church Street,
416-967-9222

TORONTO WEST

Evergreen Natural Food
161 Roncesvalle Ave
416-534-2684

Foods for Life
2184 Bloor Street West
416-762-5590

Qi Naturals
219 Roncesvalles Ave
416-537-1428

Qi Naturals
710 Bloor Street West
416-539-0459

Qi Naturals
1001 Eglinton Ave West
416-784-0459

TORONTO EAST

Nutrition House East York Town Centre
138-45 Overlea Blvd.
416-482-2700

Natures Health Food
1000 Gerrard Street East
416-406-3999

Natures Health Food
3003 Danforth Avenue
416-686-3959

Nutrition House Scarborough Town Centre
300 Borough Drive
416 279-1317

The Big Carrot
348 Danforth Ave
416 466-8432

City Pharmacy Remedy's Rx
238 Danforth Avenue
416 469-1898

Ottway Herbs and Vitamins
300 Danforth Ave,
416 463-5125

TORONTO NORTH

Nutrition House Yorkdale Mall
3401 Dufferin Street
416-782-1309

Nutrition House Centre Point Mall
6464 Yonge Street
416-221-2355

Don Valley Health Food
3060 Don Mills Road
416-491-5160

Nutrition House Fairview Mall,
1800 Sheppard Ave.
416-498-0599

SCARBOROUGH

Green Roots
3850 Sheppard Avenue E
416-321-8950

The Natural Food Depot
2075 Lawrence Avenue E
416-640-0234

OAKVILLE

Nutrition House Oakville Oakville Place
240 Leighland Ave
905-339-0611

BRAMPTON

Nutrition Centre Shoppers World
905-796-2216

VAUGHAN

Nutrition House Vaughan Mills
1 Bass Pro Mills Dr.
905-669-3572

Noah's Natural Foods
9121 Weston Road,
905-850-2873

PLATINUM®

PHOTOS.COM

Breakfast sets up your body's energy levels for the rest of the day — don't skip it!

Become a champion of breakfasts

CELIA MILNE
for Metro Canada

Think of a good breakfast as fuel and medicine for your body.

"Skipping breakfast, regardless of age, is associated with poorer mental and physical health," says doctor of naturopathic medicine Dr. Tracey Beaulne.

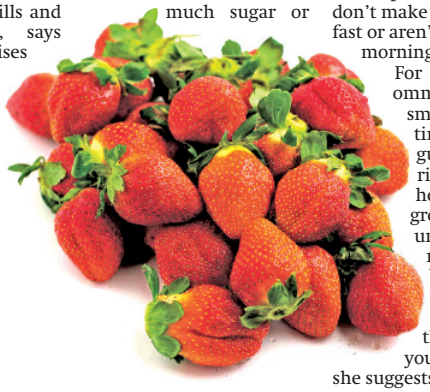
Studies have found that eating breakfast fights fatigue and emotional stress, cuts down on hunger later in the day, and enhances problem-solving skills and logical reasoning, says Beaulne, who practises at Bayview Natural Health Clinic and at the Active Therapy Clinic at the Granite Club in Toronto.

She sees a lot of patients who are relatively healthy, but would like to feel better than they do. Common complaints are recurrent colds and infections due to stress, fatigue from overwork, gastrointestinal issues from poor nutrition, insomnia, stress, and weight issues.

For her, the best kind of breakfast is one that includes lots of fibre, not much sugar or fat, and ample protein.

Sugary cereals and granola bars aren't the best option, says Beaulne. Many of her patients admit they don't make time for breakfast or aren't hungry in the morning.

For them, she recommends a smoothie. Try putting low-fat yogurt, blueberries, bananas, hemp oil, ground salba, and unsweetened almond milk in a blender. Adjust the flavour and thickness to your own taste, she suggests.



Questions to ask yourself before opening the fridge door

As a naturopathic doctor, Dr. Tracey Beaulne uses food as medicine. She suggests you ask yourself these questions:

- How can this food help my body?
- Is it colourful and packed with nutrients?
- Will it give me the protein my body needs?
- Am I getting the good fat I need from oily fish, avocadoes, nuts and seeds, and olive oil?
- Do I feel well after I eat this food?
- Am I getting the fibre I need for good bowel habits?

CELIA MILNE/METRO CANADA

2% cash back at eligible drug stores†.

Visit metronews.ca/momentum
and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

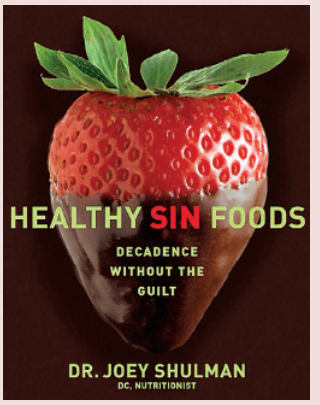
You're richer than you think.®

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †For conditions: scotiabank.com/momentum

Books to beat that belly fat

HEALTHY SIN FOOD: DECADENCE WITHOUT THE GUILT
BY DR. JOEY SHULMAN
Chocolate, cinnamon and almonds — they sound more like the ingredients to a decadent desert than the building blocks to weight loss. Dr. Joey's breakdowns the nutritional value of the top 50 superfoods in an informative and engaging way. And with 101 mouth-watering recipes (gourmet grilled cheese, yes please!), you can't lose with this book. Except those extra pounds, of course!



FLAT BELLY DIET!
BY LIZ VACCARIELLO
Promising to shrink your waist in 32 days, this book lays out an easy-to-follow daily exercise routine, along with meal plans to take you through each week. The meals are easy to make and the book includes a weekly grocery list to make the shopping a piece of cake — well, more like a handful of almonds.

METRO NEWS SERVICES

Tips to live your life by

For better nutrition and overall health, checkout Dr. Tracey Beaulne's tips:

1. Eat more veggies than fruit.
2. Take a cooking class to expand your palate.
3. Do yoga, meditation, or qi gong to balance out the stress hormones of daily life.
4. Go to bed by 10 p.m. for optimal melatonin.
5. Exercise, for those feel-good endorphins.
6. When buying fruits and vegetables, buy organic, especially for "the dirty dozen" — peaches, apples, peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots and pears (see ewg.org for more information).

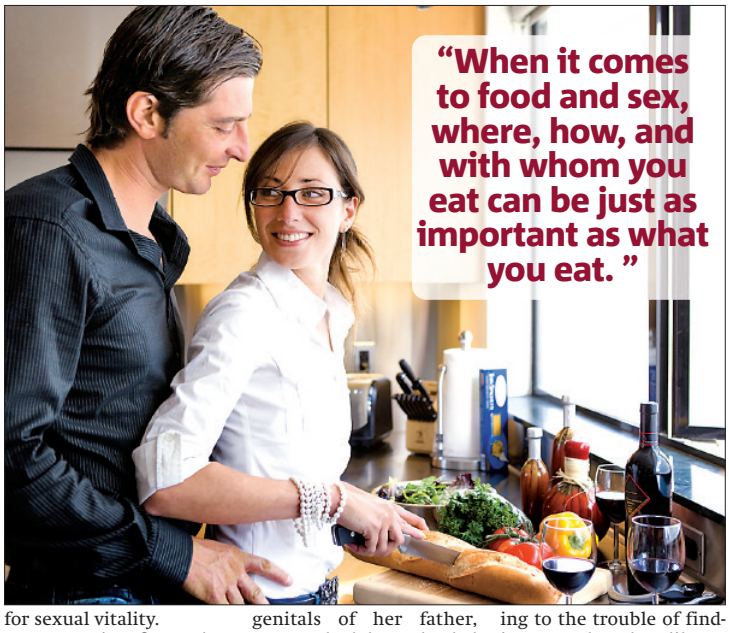
CELIA MILNE/
METRO CANADA

GETTY IMAGES

The kitchen isn't the only place steaming up

The J Spot

metronews.ca/thejspot



"When it comes to food and sex, where, how, and with whom you eat can be just as important as what you eat."

When it comes to sex and food, you definitely are what you eat. An estimated 80 per cent of erectile problems are the result of hardened arteries restricting blood flow and can be traced to a diet high in fatty foods, sodium and red meat.

Women may not have the same isssue, but diet can also affect women's levels of desire, arousal and lubrication. Also, if you're eating well, you feel better about your body and feeling good about your body and feeling sexy go hand in hand.

Food itself can be sexy. While there is no scientific proof behind the aphrodisiac quality of certain foods, studies have shown that chocolate — often touted as an aphrodisiac — contains phenylethylamine (PEA), a chemical that is also released in the brain when you fall in love. And one of the reasons shellfish such as oysters are considered an aphrodisiac is because they're loaded with zinc, important for sexual vitality.

Texture is often what makes foods we tend to think of as aphrodisiacs so stimulating, like the creamy, sweet texture of chocolate or the juicy flesh of a ripe mango.

The word itself derives from Aphrodite, the Greek goddess of love and mother of Eros (the Romans knew the two as Venus and Cupid). Aphrodite rose naked on a scallop shell from the sea foam generated where the genitals of her father, Uranus had been hurled after his castration in one of those divine disturbances common in Greek mythology. The Fates assigned the goddess only one duty: To make love. Not a bad gig.

When it comes to food and sex, where, how, and with whom you eat can be just as important as what you eat. Sharing a first meal with a new lover can be very exciting and revealing. A person's table manners can speak volumes.

Cooking for a lover can also be a real turn-on. Going to the trouble of finding out what they like to eat and then shopping, cooking, decorating the table with flowers and candles and cracking open a nice bottle of wine makes them feel pampered and special. Talk about foreplay.

Finally, there's nothing like cooking a meal together to test the power dynamics of a relationship. If no one loses any fingers or ends up with a meat cleaver in the head by the time you sit down to eat, the relationship might stand a chance.

Bon appetit!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

STOP SMOKING
In 30 Minutes!
Using Laser Therapy
• Quick • Safe • Painless
Alcohol & Drug Addiction Programs Available
85% success rate after 1st treatment
416-581-8080
www.stopnow.ca
$199 Special Offer
Lifestyle LASER

RYERSON UNIVERSITY
DO YOU SMOKE?
If you
• Are between 25 and 65 years of age
• Smoke at least one cigarette every day
You may be eligible to volunteer in a research study on what treatments people prefer.
Please call 416.979.5000 ext 2571 or email smoking.study@ryerson.ca
Ryerson University, Health Intervention Research Center
FUNDED BY THE LUNG ASSOCIATION

Happy Science
March 28th (Sun)
2:00p.m. - 4:30 p.m.
At Toronto Library
(239 College St.)
Auditorium BC
Free Admission
Donation Appreciated
Reservation recommended
Anime Movie "Rebirth of Buddha
Telephone: 416-901-3747 E-mail: toronto@happy-science.org
Visit: www.happy-science.ca

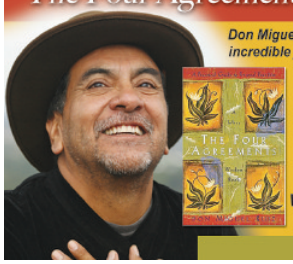
WOULD YOU LIKE TO KISS AGAIN?
■ TOO MUCH PAIN TO TALK OR EAT?
■ DO YOU HAVE LOOSE TEETH?
■ DO YOU SUFFER FROM LOOSE DENTURES?
A BEAUTIFUL SMILE IN JUST ONE DAY!
DENTISTRY... AWAKE OR ASLEEP
To book your FREE one-on-one consultation please call 416.469.2320.
FINANCING AVAILABLE
PAPEFINCH DENTAL
GENERAL & IMPLANT DENTISTRY
papefinch@gmail.com | www.papefinchdental.com

UNIHEALTH GROUP
Established 1995
Downtown Toronto
208-1033 Bay St. (Bay & St. Joseph)
416.920.3232
OPEN TUE — SAT
tor@unihealth.ca
Etobicoke
14 Burnhamthrope Rd. (Burnhamthrope & Dundas West)
416.236.7288
OPEN TUE — SAT
etb@unihealth.ca
North York
206-170 The Donway W
416.391.5822
OPEN MON — SAT
nyk@unihealth.ca
MASSAGE or ACUPUNCTURE
INTRO OFFER
Pain Relief • Deep Tissue Therapy • Stress Release
$20 45min Acupressure Massage or One Acupuncture treatment session
First time visitors only. GST not included. Offers expires April 05, 2010.
$20 Massage/Acupuncture Promo not applicable to Registered Massage Therapy.
EXPERIENCE ACUPUNCTURE FOR WEIGHT MANAGEMENT
Registered Massage Therapy Extended Health Plans Accepted
Call for introductory price for RMT
unihealth.ca Vancouver . Calgary . Toronto info@unihealth.ca

FED UP WITH FAD DIETS?
STEPS TO LESS™
Weight Management Program
St. Michael's Hospital
Leading with Innovation Serving with Compassion
St. Michael's Hospital is offering a unique group program led by a Registered Dietitian, a Psychotherapist and a Certified Fitness Consultant, who will help you achieve your personal health goals
Price: $490
Program includes - 12 nutrition classes, 24 fitness classes, healthy snacks, cooking lessons and more!
New 12 week program dates:
April 12th - June 30th, 2010
St. Michael's Hospital
Nutrition Counselling, Yoga, Cardio BootCamp and Healthy Cooking Programs also Available
For more information or registration visit
www.stmichaelshospital.com/programs/nutrition/stl.php
Phone: 416.864.6060 ext 3200
Email: SeniorS@smh.toronto.on.ca

Joe Singer Shoes Limited
CLOSING SALE
(Bloor St. location only)
SAVE UP TO 80%
LADIES LEATHER SHOES
from $10
BCBG
Franco Sarto
Nine West
Jessica Simpson
Arturo Chiang
903 BLOOR ST W
416.533.3559

Join bestseling author Don Miguel Ruiz for
The Four Agreements Workshop



Don Miguel Ruiz will take you on an incredible journey of self-discovery and show you the way to change your life to find deep and lasting peace and happiness.

April 9-11, 2010
Toronto
www.ruiztoronto.com
Tickets from $79
416-963-8315

7th BIENNIAL WOUND CARE CONFERENCE

BUILDING BRIDGES III:
Connecting the Dots… Best Practice, Research, Knowledge Translation and Policy for Wound Care

April 16-17, 2010
White Oaks Conference Resort & Spa
Niagara-on-the-Lake, Ontario

FOR MORE INFORMATION:
Email: wcconference2010@smh.toronto.on.ca
Phone: 416-864-6060 x 2081
Website: www.stmichaelshospital.com/buildingbridges.php

St. Michael's
Inspired Care.
Inspiring Science.

Diet & Diabetes Research Study

St. Michael's
Inspired Care.
Inspiring Science.

We wish to study the possible benefits and compare the use of low ***glycemic index (slowly digested carbohydrates)*** and high fibre diets to reduce blood sugar in a research study at St. Michael's Hospital in Toronto. The study will include ultrasound (non-invasive) screening to assess the health of your arteries for those who meet study criteria.

If you live in the Toronto area, are in good health, take tablets for diabetes (but not insulin) and want to improve your blood sugars by taking diet seriously, you may be eligible to participate in this study.

If interested, please contact Dr. Jenkins' Research group at **416-867-7474** regarding the Diabetes Study.

stmichaelshospital.com

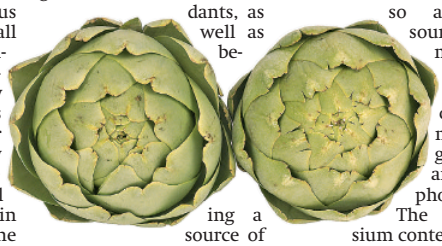
Superfoods that make you go 'Yum!'

ROMINA MCGUINNESS
Metro World News

APRICOTS
Synonymous with summer, apricots are delicious eaten dried or fresh. Small and with a pretty golden-orange velvety skin, apricots are sweet and musky in taste and are delicious sprinkled on cereal or eaten on their own. They are full of beta- carotene and fiber, both essential for younger-looking skin and a healthy heart. The fruit is high in vitamin A and is a powerful antioxidant essential in the promotion of good vision.

PHOTOS.COM

ARTICHOKES
Known for aiding indigestion, artichokes are also great for lowering cholesterol levels. They're also a great source of antioxidants, as well as being a source of vitamin C, K, fibre, potassium and magnesium. The fact that you have to peel the artichoke leaves in order to get to the heart means you will eat it more slowly, facilitating digestion.



QUINOA
One of the most nutritious superfoods quinoa is packed in protein, fibre and, like meat and dairy products, contains the essential amino acids the body needs in order to build muscle. Native of South America, quinoa was known as the 'gold of the Incas' due to its colour and incredible nutritional value. It's is also a great source of magnesium, iron, copper, manganese and phosphorus. The magnesium content helps promote healthy cardio vascular health as the mineral relaxes blood vessels. When people think of quinoa, they think of it as a grain but the truth is it actually comes from the seed of the Chenopodium quinoa plant, which is related to beets, chard and spinach.

TORSTAR

Harley's five

HEALTHY LIVING Celebrity fitness trainer Harley Pasternak is the reason Lady Gaga wears hot pants from breakfast to dinner.

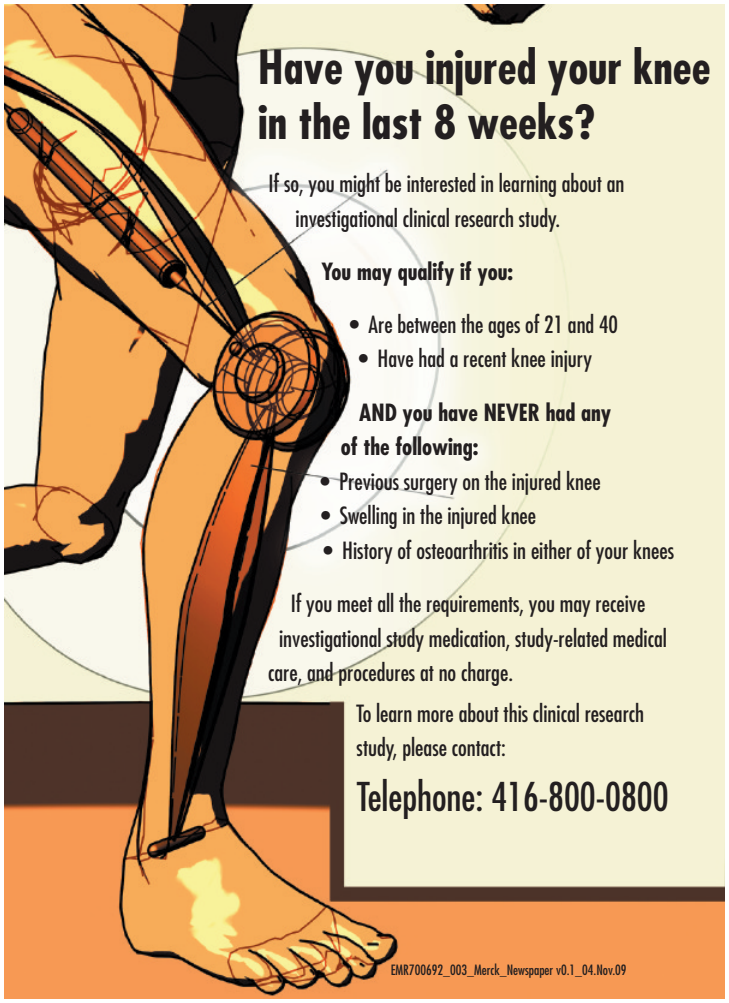
Pasternak invented the five-factor diet whereby everything is set out in sets of five, from the food to the workout.

Here's how it works. Do five days of working out a week with one day off, and "cheat day" to remove the pressure of dieting.

Strength and cardio workouts last between 25 and 45 minutes and are broken up by five-minute phases (warm up and cool down).

Eat five times a day: three meals (breakfast, lunch and dinner) and two snacks containing low fat protein, fiber, healthy carbs and fats, One sugar free drink is allowed with the main meal.

ROMINA MCGUINNESS/ METRO WORLD NEWS



Have you injured your knee in the last 8 weeks?

If so, you might be interested in learning about an investigational clinical research study.

You may qualify if you:

- Are between the ages of 21 and 40
- Have had a recent knee injury

AND you have NEVER had any of the following:

- Previous surgery on the injured knee
- Swelling in the injured knee
- History of osteoarthritis in either of your knees

If you meet all the requirements, you may receive investigational study medication, study-related medical care, and procedures at no charge.

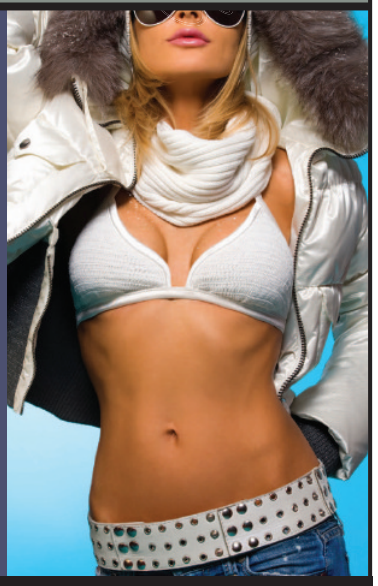
To learn more about this clinical research study, please contact:

Telephone: 416-800-0800

EMR700692_003_Merck_Newspaper v0.1_04.Nov.09

Toronto Cosmetic Clinic

Breast Augmentation
Liposuction
Vaginal Tightening Surgery
Labioplasty
Nose Surgery
Lip Augmentation
BOTOX® Treatment
Laser Hair Removal
Skin Tightening
Laser Tattoo Removal
Wrinkle Removal
Non Surgical Fat Removal



Call **416-221-5554** today to book your free consultation or visit **www.TCclinic.com** to explore all of your options.

TCC Toronto Cosmetic Clinic

Waists of the world

ROMINA MCGUINNESS
for Metro World News

After having visited more than 30 countries in two years, celebrity fitness trainer Harley Pasternak came back to the U.S. wondering why the rest of the world was not as overweight as the average North American.

Using the lowest obesity rates and highest life expectancy, Pasternak analyzed the lifestyle and habits of the world's 10 healthiest countries: Japan, China, Sweden, France, Italy, Spain, South Korea, Greece, Israel and Singapore.

Pasternak tells us how; it's a question of calories in and calories out.

He looks at what these countries eat, how they prepare it and how they burn it.

HOW Obesity is beginning to overtake smoking related disease, as the number one cause of the death so knowing when to stop eating is crucial. The Japanese stop eating when they are 80 per cent full — they call it "hatti hambushi." They then wait 10 minutes to decide if they are still hungry. The Swedish refer to this as "lagom," meaning, "that's enough."

Spanish men dig into a delicious — but small— tapas.

PORTION CONTROL The French don't always eat healthily, but only eat small portions of the not-so healthy foods. The same applies to the Greek mezze, Spanish tapas, and the Chinese Dim Sum, whereby people only eat bite-sized portions. The focus is on the flavour and quality, not on the quantity. In the U.S., people tend to have one huge plate piled with food and will carry on eating past the point of satiety.

WALKING Walking is the only overlapping factor between the 10 countries. The average person should be walking up to 10,000 steps a day, yet North Americans are clocking in a mere 4,000. The Italians have "passa giara," where everyone goes for a long walk after a big lunch.

COLOR You should have five colours on your plate with every meal, as each one dictates the nutrients in the food. Yellow foods can be eggs or squash; tofu for white; eggplant for purple; tomatoes and peppers for red and broccoli or spinach for green.

THE BADDIES Dairy products and carbohydrates are staples of the healthiest countries' diets, even though they have a well-known reputation as a dieter's don't. Swedes are huge fans of dairy, including milk, cheese and yoghurt as are the Greeks, French and Israelis. Eaten on their own, carbohydrates have no fat and plenty of fiber.

LITTLE MEAT All 10 countries rarely consume red meat, preferring a vegetarian-based diet. Leaner sources of protein such as fish, nuts or lentils are chosen to complement the diet. The U.S. are the world's biggest consumers of red meat.

Super foods
from the top five countries

1. **ITALY:** balsamic vinegar, tomatoes and oregano
2. **JAPAN:** seaweed, fish, soy and green tea
3. **SWEDEN:** dairy and rye bread
4. **SPAIN:** citrus fruits, oranges and lentils
5. **GREECE:** olive oil and yogurt

ROMINA MCGUINNESS/ METRO WORLD NEWS

Sneezing Accident?
Learn more www.incostress.ca
Incostress 1

Clean Slate Beauty
Laser hair removal specialists
Spring 2010 Promotion: Underarms just $60 per treatment.
Spring break? Spend it relaxing, not waxing!
We use GentleLASE, a real laser – not IPL!
Call for a free consultation
(416) 585-2222 • www.cleanslatebeauty.com
Chinatown Centre • 222 Spadina Ave • Unit 261

Lose up to 24 lbs by May 24!
Results guaranteed!†
Call for your free, no-obligation consultation and information kit
1-800-254-5023
†See in-store for details, certain conditions apply.
Herbal Magic © 2010. All rights reserved.
Herbal Magic WEIGHT LOSS & NUTRITION CENTRES

THE VIDEO EVERYONE'S TALKING ABOUT
Visit metronews.ca to watch metrotube

ADVERTISING FEATURE

Revolutionary Probiotic Gum Makes your Mouth a Healthier Place Promises Renowned Microbiologist

We have all heard that the eyes are the windows of the soul. Now a probiotic research scientist from New Zealand is telling us that our mouths are the front door to a lifetime of good health.

"Probiotics are friendly, health-promoting bacteria," says **Professor John Tagg**, a world-renowned microbiologist at the University of Otago in New Zealand. "Everyone knows about the importance of probiotics for the digestive tract. But for good oral health and overall immunity, we also need oral probiotics that are specific to our mouths. "

He should know! When Professor Tagg was a boy of 12, he suffered from a strep throat infection that led to an attack of rheumatic fever, a serious condition that can cause permanent heart damage. Consequently, he was on antibiotic drugs for 10 long years. This personal experience inspired him to devote his life to finding friendly probiotic bacteria that prevent strep throat and other infections that enter through the mouth. After many, many years of dedicated research, he discovered BLIS!

Professor John Tagg

BLIS, which stands for Bacteriocin-Like-Inhibitory-Substance is an advanced oral probiotic. **BLIS K12** is a naturally occurring component of the S. salivarius probiotic strain.

"My published research studies show that BLIS K12 controls the undesirable and disease-causing bacteria that cause bad breath, strep throat, thrush, and ear and upper respiratory infections" explains Professor Tagg.

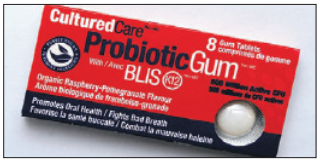
"BLIS K12 probiotic bacteria also promote general oral health and help prevent tooth decay and gum disease." Professor Tagg's BLIS K12 probiotic is now available in Canada as **CulturedCare Probiotic Gum** with BLIS K12. It is made in Canada by **Prairie Naturals**, an established, family-owned nutritional supplement company in BC.

"Gum is an ideal way to `seed` BLIS K12 probiotic throughout the mouth and throat where it will begin to colonize and grow. Chewing just one piece of CulturedCare Probiotic Gum daily provides protection for teeth, gums, throat and ears," says Professor Tagg.

Made with proprietary cold-pressed technology, CulturedCare Probiotic Gum with BLIS K12 contains the therapeutic dosage determined by Professor Tagg`s research. Its potency and purity are confirmed through independent testing in government licensed laboratories in Canada, New Zealand and the US.

"May the BLIS be with you!" This has become the mantra of the professor who discovered the powerful effects of BLIS K12 - a revolutionary probiotic.

For more information about Professor Tagg and CulturedCare Probiotic Gum with BLIS K12, please visit: www.culturedcare.com



CulturedCare Probiotic Gum with BLIS K12 is available at fine natural health product stores and pharmacies:

Noah's Natural Foods
Weston 905-850-2973
239 Yonge 416-488-0904
322 Bloor 416-968-7930
667 Yonge 416-969-0220

Nutrition House
Eaton Centre 416-598-2638
Dundas 416- 598-3111
Scarborough 416-279-1317
House Sunnybrook 416-482-2700
Nutrition House BCE Place 416-216-4545

BN Naturals 905-420-1462 905-697-7256
Good Health Mart
Hamilton 905-318-8111
Burlington 905-331-8331

The Vitamin Store
Burlington 905-631-0668
Waterdown 905-690-8383
Ambrosia Natural Foods 905-881-7811

Foods for Life 416-762-5590
Health Service Centere 416-920-3777
Health Service Centre 416-535-9562

Herbal Pathway 905-839-7234
Hooper Pharmacy 416-699-3747
Nature's Health Foods 416 406-3999

Evergreen Natural Foods 416-536-2932
Liquid Nutrition www.LiquidNutrition.ca
Nature's Emporium 905-898-1844

Planet Organic Living 416-366-7312
Supplement Plus 416-766-2004
The Big Carrot 416-466-2129

The Health Shoppe 416-923-5071
Vita Life Nature's Nutrition 416-922-8482

For info on CulturedCare call Prairie Naturals Toll Free at: 1 800 931-4247
Find us on facebook.com/CulturedCare.Probiotics
Follow us on twitter.com/CulturedCare
Prairie Naturals A Division of Prairie Naturals Visit: www.PrairieNaturals.ca

Fabulous foods for your face

Helen Ambrosen, skin care expert at Lush Fresh Handmade Cosmetics, shares her most delicious and nutritious body care recipes with Metro Canada.

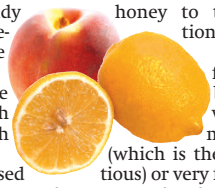
AVOCADO HAIR MASK

INGREDIENTS:

- Fresh herbs (such as rosemary or thyme) or fresh rose petals, jasmine or lavender
- Olive oil
- 4 ripe avocados
- 2 lemons
- Runny honey
- Flour (barley flour, wheat flour or millet flour) or finely ground oatmeal

DIRECTIONS:

1. Take a couple of sprigs of fresh herbs such as rosemary or thyme and soak overnight in 50 g of olive oil. Alternatively, you can use fresh rose petals, fresh jasmine or lavender.
2. When ready sieve the oil to remove the herbs/flowers.
3. Take 3-4 ripe avocados, mash and press through a sieve.
4. Stir the infused olive oil into the avocados and mix well.
5. Squeeze the juice of 2 lemons and 50 g of runny honey to the preparation.
6. Take a flour such as barley flour, wheat flour, millet flour (which is the most nutritious) or very finely ground oatmeal and add enough to make a paste.



USAGE:

1. Apply to dry hair: Take sections of the hair and apply the preparation with fingers massaging into the scalp and roots of the hair.
2. Wrap cling film or a towel around the hair and leave for 10-15 minutes.
3. Rinse well, shampoo the hair and apply a little bit of conditioner to the ends of the hair, such LUSH's Veganese or Coolaulin.
4. Rinse again.

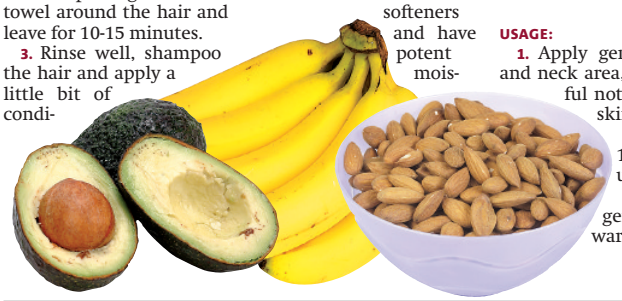
FACE MASK

INGREDIENTS:

- 2 medium, nicely ripe bananas (peeled)
- 2 tablespoons of runny honey
- 1 fairly ripe peach (stoned and skinned)
- 2 generous tablespoons of ground almonds
- Fine ground oatmeal

DIRECTIONS:

1. Blend the bananas, honey, and peach together to make rich mucilage. Bananas are excellent skin softeners and have potent moisturizing properties. Peaches are a good fruit choice for young skins as they cleanse and help remove excess sebum without stripping the skin. Honey is excellent for all skins, especially if you are prone to breakout, as it helps keep spots at bay and reduces redness. (A good tip if you do have spots is to dab honey straight onto it.)
2. Add the ground almonds and mix together — the almonds are to help polish the skin and remove dead surface cells.
3. Finally, add enough oatmeal to make a paste that can be spread onto the face and neck.



USAGE:

1. Apply gently to face and neck area, being careful not to drag the skin.
2. Leave for 10-15 minutes.
3. Remove gently with warm water.

METRO NEWS SERVICES

Wholy Tea for Daily Detox
It's as easy as 1,2, tea!

- Lose weight & reduce **bloating**
- Effectively cleanses the **bowel & liver**
- Eases stomach distress such as: Constipation, indigestion, acid reflux, bloating
- Detoxify your body from: Chemicals, parasites, bacteria, toxins

INNOTECH NUTRITION SOLUTIONS
innotechnutrition.com
866-875-5022

Free 4 day supply of Wholy Tea. Mail in this coupon to Innotech Nutrition and we will send you a 4 day supply of Wholy Tea for free.
Mail to Innotech Nutrition 104 Durand Road Winnipeg Manitoba R2J 3T2 www.innotechnutrition.com
866-875-5022 Limit 1 per customer. Expires March 31, 2010. Code: WTMM23FWT

TIPT

IT'S NOT WHO YOU KNOW, BUT WHERE YOU GO!

TIPT OPEN HOUSE:
DATE: SATURDAY, MARCH 27TH, 2010
TIME: 11 AM
LOCATION: 55 TOWN CENTRE COURT, SCARBOROUGH, M1P 4X4

RSVP TODAY!
416.296.1478
info@tipt.com

You have your Life Sciences Degree and now it's time to focus on your career in a specialized industry. TIPT can be the link between you and the Pharmaceutical industries.
We offer three specialized Pharmaceutical Post Graduate programs that will open a world of opportunities:

- RESERCH & DEVELOPMENT
- REGULATORY AFFAIRS
- QUALITY ASSURANCE & QUALITY CONTROL

TIPT also offers a Post-Secondary Program in Pharmaceutical Manufacturing Technology for High School or College Graduates.

TO RESERVE YOUR SPACE:
CALL: 416-296-1478
EMAIL: info@tipt.com

Toronto Institute of Pharmaceutical Technology
Pioneering Professional Excellence & Certification
55 Town Centre Court—Suite 800, Toronto, ON M1P 4X4
"18 years of excellence in pharmaceutical science and technology"

Black Montrealers less likely to have university education
According to a new study from McGill University, black people in Montreal still lag considerably on the upper educational levels in comparison to non-black residents. METRO NEWS SERVICES

Workology

New School of Religion at Queen's

Queen's Theological College, an affiliate of Queen's University, and the university's religious studies department have come together to establish the new Queen's School of Religion. The change recognizes increased enrolment in religious studies and the success of the MA in Religion and Modernity. Queen's is holding a ceremony tomorrow afternoon to mark the launch of the new school.
METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Food, business boom on diverse Danforth

Small Business City

RAFAEL BRUSILOW
for Metro Canada

Food and drink is king on the Danforth, a small but vibrant neighbourhood where an Irish pint goes great with a Greek gyro or a roll of sushi.

Anthony Walsh is head chef at the Dora Keogh Irish Pub (141 Danforth Ave.) and says in the 12 years the pub has been open (more than 20 years for the attached Allen's Restaurant next door) one thing has stayed resolutely true about the Danforth: It is a Mecca for food and beverage outlets, with more than 35 places today to grab a bite or a beer on its main stretch running from Broadview Avenue.

"There's a restaurant or bar on every corner here. It definitely feels like the restaurant and bar trade in the Danforth is really thriving," Walsh said.

Dora's has put on the same Irish music session every Thursday night since opening 12 years ago and Walsh credits the strong support of local clientele with keeping the pub going through the recent economic downturn.

"The sense of community here is fantastic. Our clientele are all regulars and the local support is great. I think if we were downtown we wouldn't have survived," Walsh said.

PHOTOS BY RAFAEL BRUSILOW/FOR METRO CANADA

While the Danforth is known for its food, Eleven 11 owner Bary Khouri has carved out a nice niche just north of the main strip (top photos) in fashion. Dora Keogh's Irish Pub is going strong too.

North of the Danforth strip at clothing store Eleven 11 (1024 Pape Ave.), which Bary Khouri manages for his brother, the key to success has been drawing foot traffic from the Danforth with unique offerings — Eleven 11 specializes in club wear sold in form-fitting European styles and sizes popular among younger shoppers.

CONT. ON NEXT PAGE>>

Don't miss Spaces and Places!

Danforth-East York will be the focus of this week's Spaces and Places feature in Metro Homes on Thursday. Don't miss it!

Kennedy College of Technology
EARN A DIPLOMA IN LESS ONE YEAR.
PREPARE YOUR CAREER IN:
• Community Service Worker
• Business Administration • Accounting
CO-OP OPPORTUNITY & JOB ASSISTANCE!
FULL TIME AND FLEXIBLE PART-TIME!
1200 Eglinton Ave E, Suite 502, North York
416.412.3088 • www.kennedycollege.ca

Be Job Ready in months, not years! Earn your professional Diploma! Evergreen College
Second Career, EI, SA & ODSP recipients are welcome
Morning, evening & weekend classes
Pharmacy Assistant (Toronto Campus)
Community Service Worker
Medical Office Admin
Early Childcare Assistant
Personal Support Worker
Computer System & Network Specialist A+, MCSE, CCNA
Computerized Accounting & Payroll
Ask us about Bonus Certifications
Field Placement & Job Assistance included
www.evergreencollege.ca
Call Now!
Toronto Downtown Campus 416.365.0505 67 Yonge Street 4th Floor (King & Yonge)
Mississauga Campus 905.566.0507 Unit 201, 1140 Burnhamthorpe Rd. W.

Career Finder

Presently seeking good looking men & women aged 18-38 for photo shoots for Bride & Groom magazine.
For appointment, please call 416.363.8000
No experience necessary

JOIN metro life panel
Give us your opinion on various topics and enter for your chance to WIN great monthly prizes.
Become a member today!
metrolifepanel.ca

HERZING COLLEGE
Put yourself in high demand with a career as a Law Clerk, Paralegal (accredited) or Police Foundations
Internship included
Classes Forming NOW!
1-888-NEW-CAREER
1-888-(639-2273)
www.herzing.edu Toronto Eaton Centre Campus

Law Clerks Challenge Exams
Law Clerks are trained legal professionals who administer legal and administrative duties under the supervision of a lawyer. These duties include but are not limited to managerial roles in the law office, legal document administration and a general knowledge of practice and procedures within a specialized area of law. Law firms, corporations and governments hire Law Clerks to work in areas of real estate, litigation, corporate law and estates.
Herzing College provides professional training, assisting students to prepare for Law Clerk specific industry exams. Although challenging these exams is not necessary in order to become gainfully employed as a law clerk, passing them will help the student develop a specialized expertise and enhance their employment options and earnings.
To create your career call:
1-888-NEW-CAREER (1-888-639-2273)
Classes Start March 22

Register with Adecco Scarborough and put your excellent data entry skills to work!
Our project requirements are as follows:
• Must have minimum 10,000 keystrokes (alpha/numeric)
• Strong English Oral and Written ability
• Must be accurate and detail oriented
• Should be dedicated and committed
• Hours: 4pm-midnight Monday to Friday
• Require 2 pieces of ID
• Criminal Background Checks will be required
• Scarborough location
Please send your resume to:
scarb.jobs@adecco.ca
or apply in person at:
55 Town centre Court, Suite 106,
Scarborough,Tel: 416-296-0822
Adecco
better work, better life
adecco.ca
*Must be able to drive or should have arrangements made for transportation other than public transit.

Nipissing announces Schulich School of Education

Nipissing University announced last Thursday a $15-million donation from philanthropist Seymour Schulich to the institution's faculty of education. In honour of the gift, the faculty has been renamed the Schulich School of Education. METRO NEWS SERVICES

Are you in the dark about your future?
Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
Call Now! 1-866-475-3194
Visit us online at www.MoveAhead.ca
Brampton • Mississauga • North York
Scarborough • Toronto Central
Toronto College Park
Career services assistance available.
Financial assistance may be available for those who qualify.

A new career to fall in love with!

Full-time Travel Sales Professionals

Join one of Canada's best companies to work for and sell something you love! With our ongoing expansion, we have openings in Toronto and the GTA.

Successful candidates will have:
- proven sales & customer service skills
- solid work history
- a strong academic background
- passion for travel

We offer:
- uncapped earning potential
- full industry training
- award-winning benefits including RRSP matching & travel discounts
- career advancement opportunities

Apply online today at flightcentre.ca/careers

50 Best Employers in Canada 2010 Report on Business

FLIGHT CENTRE Unbeatable

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Dora Keogh Irish Pub has been has been serving out Irish fare on the Danforth for 12 years now.

<<CONT. FROM LAST PAGE

"A lot of people lost their jobs here so of course they aren't spending as much, but we get the younger crowd from the Danforth coming here. In this business you have to sell current things and we don't keep a back stock," Khouri said.

The tough economy hasn't stopped the store from annexing space next door to expand into a footwear line, proof that their business plan is sound.

"You have to survive the tough times as well as the good times and people have responded well to the product so we're happy with the area overall," Khouri said.

At Messini Authentic Gyros (445 Danforth Ave.), manager Emanouela Osmani says the Danforth has seen an increasing mix of cultures and backgrounds — a good thing for a local Greek favourite like Messini. The yearly Taste of the Danforth festival brings out so many customers that Osmani says her restaurant serves a week's worth of food tickets in just three days.

"Things are changing a bit here. It's still Greek but with a much bigger mix now — the overall culture here is becoming richer," Osmani said.

Good Old Nick

- Kristine Lukanchoff bought the Old Nick pub (123 Danforth Ave.) four years ago after having managed it for three before that and says local support and the healthy influx of new businesses into the Danforth has her feeling confident.
- "I feel like there's a good foundation here for business and I don't feel scared. There are a lot of new businesses coming in and the revamp of the Music Hall has really helped bring in customers. I feel very comfortable here," Lukanchoff said.

Make a to-learn list
On it you can write ideas for new areas of study. Maybe you would like to take up a new language, learn a skill or read the collective works of Shakespeare. Whatever motivates you, write it down. LIFEHACK.ORG

Continuing
Education

Study tip

Take regular breaks. Don't try to study for hours on end — you'll just become tired and less productive that way. Study for 45 minutes or so, then take a break. Also be sure to try to get enough rest so you will be ready to concentrate when you want to study. Fatigue leads to poor learning and even poorer retention of information. SIMPSON.EDU

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Zombies, love and more

RICK McGINNIS
for Metro Canada

Higher education isn't all earnest grindwork or high-minded paper-chasing — every now and then, some professor's enthusiasm or collegiate enthusiasm will land an eye-catching and idiosyncratic course on some university syllabus.

There's the University of Alabama, for instance, which offers an interim course called Zombies! The Living Dead in Literature, Film and Culture — and yes, the exclamation mark is meant to be there.

Then there's Occidental College in California, which seems to specialize in intriguing offerings like The Unbearable Whiteness of Barbie: Race and Popular Culture in the United States, and the boldly titled Stupidity, an offering of the department of Critical Theory and Social Justice that promises "a philosophical examination of those operations and technologies that we conduct in order to render ourselves uncomprehending."

A browse through the offerings of the distance learning and continuing education departments of several Canadian universities offers up several curriculum entries that promise to rival undergraduate offerings south of the border. The University of Waterloo, for instance, has two courses whose titles alone encompass so much they can't help but intrigue.

Love is a Philosophy department entry that promises to examine "Self-love, friendship, humanitarian love, God's love, love in morality, and love in mysticism." For the sake of balance you might want to follow it up with Evil, offered by the Religious Studies faculty, which promises that "classical and modern writers from Judaism, Christianity, Buddhism, and Hinduism will be considered."

Memorial University offers a course in Deviance, "which may include violence, sexual deviance, delinquency, addiction, mental disorder, theft, organized crime, political deviance and corporate deviance," according to the course description. Also part of the Sociology department's syllabus is War and Aggression, which claims to examine "ethological, psychological and sociological approaches" to the subject.

The Royal Military College in Kingston also has a distance learning department, and offers Terrorism: Theories and Strategies, while the University of Guelph's summer schedule includes Witch Hunts and Popular Culture, a course to which "access to a TV and DVD player is required."

Finally, while they're not distance learning courses, Simon Fraser University in Vancouver has a continuing studies department that's popular with seniors and recent immigrants. This spring they're advertising So You Want to Be a Critic? — a course whose aim is self-explanatory — and an especially intriguing one-day offering in its Opera Studies department called What Would Opera Be Without Murder?

Many Canadian universities offer up fun and interesting courses through both distance learning and continuing education.

Some online courses offered at Athabasca University

Athabasca University in Alberta is Canada's specialist in distance learning, and their vast catalogue abounds in interesting and off-beat course offerings, a few of which are listed below:

- **Goddess Mythology, Women's Spirituality, and Ecofeminism:** A humanities course that "explores the symbolic significance of female divinity and the impact of its loss on all aspects of Western culture."
- **Being Online:** The Centre for State and Legal Studies offers this course, which explores questions concerning "ethics on the Web, about the gendered use of technology," and "ends by examining the transpersonal-how people use the Internet for spiritual purposes."
- **Datascapes: Information Aesthetics and Network Culture:** An M.A. course that will help students "identify the differences between information, knowledge, and data" and "analyse the impact of the cataclysmic effects of network culture and the increasingly urbanizing trends of aestheticized information."
- **History of Popular Music II: Be-bop to Beatles:** A companion course to History of Popular Music I: Blues to Big Bands, and a chance for students to study the "stylistic evolution of such musical forms as folk, blues, jazz, country and western, and rock."
- **The Folk Music Revival I: Before 1945:** If you enjoyed the above, you might want to dig deeper with this course, which will delve into the "role of nationalist and anti-modernist ideology in the Revival," and "problems of authenticity and class bias in the work of the major collectors." No word, however, when The Folk Music Revival II: After 1945 will be offered.

– RICK McGINNIS

You are your best investment

Enrich your knowledge and experience with a Continuing Education course at George Brown College.

Spend your time and money wisely by taking advantage of just a few of George Brown's many benefits …

✓ impressive choice
✓ affordable excellence
✓ real convenience
✓ outstanding instruction

GEORGE BROWN COLLEGE

Register now for spring classes at
coned.georgebrown.ca

Did you know?
About 75 per cent of adults who take a continuing education course feel a positive impact on their lives. This leads to increased job satisfaction and helps them to achieve their short-term goals. SUITE101.COM

Learning to build green

Course offers people lessons in eco-friendly construction

RAFAEL BRUSILOW
for Metro Canada

George Brown College provides continuing education course that teach people how to keep their construcion projects green.

For people interested in building homes and other structures using environmentally conscious materials and methods, George Brown College offers continuing education courses that teach people how to keep their construction projects earth-friendly.

David Rezmovitz is an instructor and environmental educator at George Brown College who teaches how to use environmentally sound techniques and materials to build spaces that are not just more efficient and sustainable but also better places to live. He says green construction methods are an increasingly important part of the industry.

"People really are interested in the green industry and green education is a big component of it. Contractors are being asked to use green materials and techniques in their construction projects and a good understanding is essential," Rezmovitz said.

"I don't think you can be a responsible decorator or designer without considering the health of the earth and its inhabitants."
Environment consultant Audrey Freidin

LEED is an internationally recognized green building rating system that sets a benchmark for the design, construction and use of green buildings and a large number of private and government organizations across North America have adopted LEED certification as part of their operations. Currently there are about 11,000 LEED-certified professionals across Canada and the number is rising steadily.

George Brown introduced the first LEED course last year with a focus on methods and materials for new construction to great interest and that course — Building Green with LEED: Core Concepts and Strategies will return in April again and enrolments are still open. The college also has several planned courses on green roofs and sustainable development in the pipeline as well.

Things taught include placing individual environmental controls in offices to reduce heating and cooling needs and also increase worker comfort and productivity, ways of collecting and using rainwater, how to make the most of efficient water flow and low-flow toilets and how special coatings on windows can lower energy costs drastically.

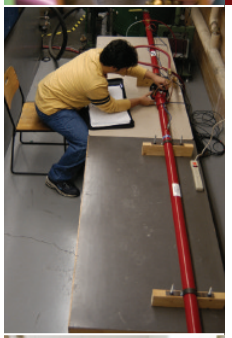
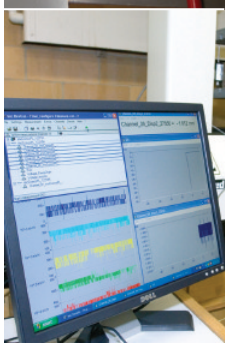
For responsible decorators, environmental consultant Audrey Freidin heads up a course in green methods for interior decorators at George Brown College.

Freidin teaches things like the use of low toxin paints, cleanable surfaces and the use of Fair Trade materials and products within a design.

"Green design is the new normal and corporate social responsibility is something I want students to be aware of. I don't think you can be a responsible decorator or designer without considering the health of the earth and its inhabitants," Freidin said.

While the course didn't receive enough admissions to go ahead this upcoming session, George Brown so far plans to offer it again in the future.

For more information, visit coned.georgebrown.ca.

IEEQB INTERNATIONALLY-EDUCATED ENGINEERS QUALIFICATION BRIDGING (IEEQB) PROGRAM

Are you an **Internationally-Educated Engineer** and want to become a Professional Engineer in Ontario?

The IEEQB Program provides the Internationally-Educated Engineer with:

- an alternate route to meet the academic syllabus-related examination requirements for professional engineering licensure in Ontario, and
- courses from accredited engineering undergraduate programs, including Canadian economic principles as well as engineering law and ethics, and access to state-of-the-art laboratories.

This program is offered by Ryerson University in collaboration with Professional Engineers Ontario (PEO).

For more information, please visit our website:
www.feas.ryerson.ca
or contact us at:
ieeqb@ryerson.ca
416-979-5000, extension 4263

Funded by the Government of Ontario and the Government of Canada.

RYERSON UNIVERSITY

HUMBER

more for you at Humber

Are you looking for a career change?
Do you want advancement at work?
Are you looking for personal growth?

Continuing Education at Humber:

- More than 1,400 courses
- More than 330 online courses
- More than 200 part-time certificates
- Online, evening and weekend courses

Register Now!

Polytechnic

humber.ca/continuingeducation 416.675.5005

Learn to make music

KEITH CARMAN
for Metro Canada

Musical taste is personal — no one can make us like anything that doesn't fill our ears with aural ambrosia. You can't force someone to like that which doesn't tickle their fancy.

What others can do for us though, is teach; instruct as to the basics, minutiae and secrets of harmony, melody and rhythm. Yet finding mentors in a city as vast as the GTA can be almost as daunting as being asked to perform your inaugural recital as first chair with a symphony orchestra. Thankfully, where to start looking for music classes in Toronto — be they simple appreciation or learning how to play Flight Of The Bumblebee with eyes closed — is easy with a few primary steps.

One of the premiere names in music lessons, **The Royal Conservatory** (273 Bloor St. W.) has been instructing a variety of instruments for almost 125 years. From their Glenn Gould School to the Conservatory itself, three locations offer classical, jazz, DJ techniques and world music to students of every age and ability with a seemingly endless roster of notable graduates.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Local options abound if you're interested in taking a music class.

On a more localized level, many community groups and socially funded programs such as the **Regent Park School Of Music** (203 Sackville Green) and **St. Stephen's House** (91 Bellevue Ave.) offer after-school music programs, some of which provide subsidized assistance under special circumstances. At that, the **St. Christopher House Music School** (248 Ossington Ave.) has been providing instruction and specialized courses (steel drum, performing in an ensemble, marching bands and more) for all ages since 1930.

For something unique, visit **Elite Music Academy** (822 Danforth Ave.), an organization proudly offering lessons based on concepts unavailable elsewhere. Examples include schooling in digital recordings, public performance, bands and ensembles, summer rock camps, open stage events, seminars and more.

Those disinclined to leave their home, victim to an already busy schedule or looking to learn without application/financial obligations are also in luck. CBC Radio 2 (94.1 FM) offers Rick Phillips' Sound Advice program every Saturday at noon. If he compels you, Philips also teaches music appreciation courses at the aforementioned Royal Conservatory, the University of Toronto and elsewhere.

Of course, one needn't look past their own neighbourhood for instruction. Private lessons are available across the city via teachers found at instrument stores, on social networking sites, flyers or questioning friends. Most of these pundits offer at-home (theirs or yours) lessons at a variety of rates and ability levels.

Spring classes have advantages

RAFAEL BRUSILOW
for Metro Canada

"Being cooped up for months on end can really create an appetite for learning."
Crystal Campbell

As winter eventually wisps away, the spring and summer offer a new beginning and a new chance to keep learning.

Lang Sum, director of language programs at the University of British Columbia's Continuing Studies school, says the spring, while tending to be the thinnest time for enrolments compared to the fall, does have the advantage of smaller class sizes, meaning students can get much more direct face-time with instructors and other classmates.

"The programs are the same and the instructors are the same, but there are more spots open in the spring and we tend to have smaller classes, so students can benefit more then," Sum said.

According to Sum, professional programs are most popular in the summer because people are more likely to take time off from work to do intensive one- or two-week sessions.

"We do offer more programs for professionals in the summer because more people are interested in upgrading their knowledge and skills then," Sum said.

The summer also sees more students coming in from overseas, creating a very international vibe in the classrooms of many major Canadian schools.

Crystal Campbell is a certified career coach in Toronto and president and founder of c2 coaching + consulting, and says the spring and summer can be ideal times to get ready for hiring season. Getting versed in new skills and abilities now will mean you'll be a more marketable hire when companies start picking up new workers come fall.

"September and January and also peak hiring periods, so if you're enrolling in something now, that will time you well for hiring season later," Campbell said.

Regardless of the season, Campbell says expanding your skills and knowledge base is always a worthwhile thing.

"Continuing education, whether taking a self-interest course or something with a career bent, is always a good value. The very process of learning can be very invigorating and it can be a spark for different areas of your life," Campbell said.

The spring can be a natural time to expand your skills and knowledge because of the renewal and fresh start the season represents.

"Being cooped up for months on end can really create an appetite for learning. It's a great antidote to the winter blahs," Campbell said.

THE CHANG SCHOOL
RYERSON UNIVERSITY
CONTINUING EDUCATION
Where Learning Leads®

IT IS POSSIBLE

to be in healthcare • advanced neuroscience-stroke care • occupational health and safety • psychology • leadership and management for nurses • to be in green industries • sustainability • food security • architectural preservation and conservation • landscape design • to be in business, management, and economics • international business • eBusiness • economics • project management • marketing management • business systems analysis • to be in computers and information technology • computer programming applications • database and knowledge management • information systems development • applied digital geography and GIS • information technology management • to be in science and engineering • chemical analysis • environmental engineering • to be in the broader public sector • criminal justice and criminology • public administration and governance • nonprofit and voluntary sector management • to be in communication and media • film studies • marketing management • publishing • image arts • radio and television arts • writing workshops • public relations • to be in design • architecture • lighting design • design for arts and entertainment • graphic communications • interior design

TO BE....

It begins this Spring/Summer by enrolling at
The G. Raymond Chang School of Continuing Education

ryerson.ca/ce

Did you know?
More than 70 per cent of adults believe taking continuing education courses will increase their salaries by moving up the ladder in their workplace. SUITE101.COM

Sheridan's designs on wood

Program combines art and practical hands-on experience

RICK McGINNIS
for Metro Canada

PHOTOS BY RICK McGINNIS/FOR METRO TORONTO

Left: A first-year student works on a table as part of his coursework at Sheridan College's three-year furniture making program at Sheridan's Oakville campus. Right: Studio Head Peter Fleming (second from left) helps first year students working on a table as part of their course work at Sheridan College's Oakville campus.

Chairs of every shape hang from the walls and the fragrant smell of wood fills the air in the furniture-making shops at Oakville's Sheridan College.

While there are schools that will teach you how to work with tools and others that specialize in furniture design, Sheridan's furniture courses, offered by its Craft and Design Program, are among the few that combine both, and they've attracted students from both practical and artistic backgrounds.

Studio head Peter Fleming leads a tour of the workrooms, the busiest one this morning full of first-year students working on their second major project — a table in walnut, most of which sit in various stages of completion all around the space. Students are taught how to take a design concept from sketches to models to mock-ups to finished product, as part of a three-year program that, in its final year, allows them to work independently on a thesis project.

"We are in the gap between industrial design and traditional industrial training," Fleming says, noting that while Humber College offers courses in cabinet-making meant to train industrial workers, and the Ontario College of Art and Design has an industrial design program, neither of them combine the practical and theoretical like Sheridan.

While some students arrive in the program with some woodworking and industrial skills, there are as many that have come from OCAD looking to do something more hands-on, and even some Architecture students looking to avoid spending years working with CAD (computer assisted design) programs without ever actually producing something physical.

The third-year students in the program this year are working on furniture for a residence for psychiatric outpatients in Toronto's Parkdale neighbourhood, a project for which they are using wood reclaimed from the interior demolition of the almost 100-year-old apartment building.

Dylan, a student in the program, shows the mock-up of a whimsical three-legged coffee table he's working on; he moved from Montreal to take the Sheridan program. He says he's learning more about reclaimed and recycled materials through this project than he ever imagined possible.

Fleming says that their goal is to round out the program with courses that will give it degree status, roughly the equivalent of a BFA. Right now, students "leave here with a vastly improved skill set from what they had," though he adds that, even then, "it'll still take a couple of years before they hit their stride."

Exploring your post-secondary options?

Include AU too.

AU student Sarah in Calgary, Alberta, Canada

Make your academic future more flexible with Athabasca University.

At Athabasca University, our large selection of courses and programs can be a big plus to your academic career. So be sure to keep us in mind like Sarah did. Sarah is attending university full-time in Calgary, Alberta. But in order to maximize her schedule, she needed to take some courses that weren't available during the times she wanted. The solution? Sarah is taking some AU courses and will transfer the credits over towards her degree. AU offers over 700 courses and 90 undergraduate and graduate degree, diploma and certificate programs to select from. If you're 16 or older, and are eager to learn, you can study at AU. Academic choice. Another reason why AU stands out as a global leader in distance learning excellence.

standout www.athabascau.ca/standout 1-800-788-9041

Athabasca University

SENECA CHANGES YOU.

Seneca

BRIGHTEN YOUR FUTURE NOW.

Seneca believes that people change through learning. Our part-time programs and subjects provide the training required to expand your skills and help you achieve your career goals.

REGISTER TODAY.

View the Spring/Summer 2010 Part-Time Studies Calendar and register online at www.senecac.on.ca/ce or call 416.493.4144.

Expand your skills
Don't be content with what you know; use any time that you have on your hands to expand your skills — learn a new language, play an instrument, take up music or dance or painting lessons. MISSIONTOLEARN.COM

Wine knowledge goes long way

RAFAEL BRUSILOW
for Metro Canada

There's nothing like a tall glass of wine to accompany the right meal or right moment, so why not understand what it is exactly you're tasting?

To truly appreciate a good wine, you need to know how and where it was made, at what time and using what particular variety of grapes and methods. Plus, a little wine knowledge never hurts when you're taking out that special someone for some fine dining.

Below are three are a few possibilities to take your wine degustation to the next level:

SHERYL NADLER/TORSTAR NEWS SERVICE FILE PHOTO

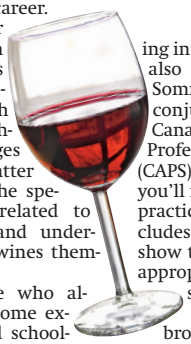
To truly appreciate a good wine, you need to know how and where it was made.

1 For wine lovers who just want an easy introduction to wine or a quick touch-up their knowledge a bit, the LCBO offers a convenient **Wine Appreciation Series**. Each series is split into three four-night sessions, which include Introduction to Wine Appreciation, Wines of the Old World and Wines of the New World. Sessions look at all aspects of wine, including different grape varieties, wine regions of the world and good wine matches for various foods. Courses are available at 13 LCBO locations throughout southern Ontario and pre-registration is required. Visit lcbo.com/learn/wines courses.shtml for more information.

2 If you want to take your wine appreciation to a higher level, the **Independent Wine Education Guild** offers internationally recognized certificate courses in wines and spirits prepared and graded by the renowned Wine and Spirit Education Trust in England. Five courses of certification are offered, from basic knowledge for front-line serving staff to advanced knowledge required by career wine professionals. Courses run downtown or online and registration must be done in advance. IWEG is fully recognized as an educational institution by Employment and Immigration Canada.

For more information, visit iweg.org.

3 For the ultimate schooling in wine, George Brown College offers a one-year **Advanced Wines and Beverage Management Program** as well as a continuing education **Wine Specialist Certificate** program for people who want to turn their love of wine into a career.



The former deals with the business side of dealing with wines and other beverages while the latter focuses on the specific skills related to knowledge and understanding of wines themselves.

For people who already have some experience and schooling in wine, George Brown also offers a Certified Sommelier Certificate in conjunction with the Canadian Association of Professional Sommeliers (CAPS). To get in though, you'll need to either pass a practical exam that includes a blind tasting or show that you've taken an appropriate course of wine study beforehand. Visit coned.georgebrown.ca for more info.

Classes focus on cooking, building basic kitchen skills

RICK McGINNIS
for Metro Canada

"People are a lot more sophisticated now about food and it's great for us," Tom Filippou says. The head of the President's Choice Cooking School, Filippou is in charge of dozens of chefs teaching hundreds of classes in Loblaws and Superstore locations in six provinces, and he's seen his customers evolve in the decade-plus that he's been working for the school.

Tom Filippou.

"Being a chef is exciting because I can remember the days when you'd be showing people balsamic vinegar and how to use it and they weren't sure what it was. We've really come a long way — you can expose people to some really exciting products."

PCCS offers classes and camps for kids and "dinner parties" to help teens learn kitchen skills, but their adult classes reveal an impressive range of cuisines and specialties that underlines Filippou's pleased observation about general culinary knowledge. Based around Loblaws' network of stores all over the country, the sessions are inexpensive — ranging from $30 to $45 — and focus on everything from knife handling and pastry making to greens and grains, and focus on regional cooking, entertaining, ethnic foods and building on basic kitchen skills.

Instructors are restaurant and hotel chefs or food writers, and can include celebrity chefs such as Anna Olson (in Ontario) or Michael Smith (in Halifax.)

"With their tight schedules, it's a real honour to have them come teach for us," Filippou says. "I think customers really appreciate it."

On April 1 in Toronto's Bayview Village, for instance, 20-year cooking veteran Rohitha Fernando will be teaching a course on Dim Sum basics, while two nights before in a Charlottetown Atlantic Superstore, Stephen Hunter of the Victoria Village Inn will have taught a Chinese cooking class. Prospective instructors will be tried out with quick demonstration classes called What's For Dinner, whose $10 fee will be returned to each student as a store gift card.

"It's really a testing ground for our chefs," Filippou explains.

"We want to make sure they have the skills, but we really want to see that their presentation skills are very good also, because it is about entertainment and keeping a captive audience."

GLENDON COLLEGE · YORK UNIVERSITY
DEPARTMENT OF HISPANIC STUDIES
Certificate of Spanish/English
English/Spanish Translation
Entrance Examination Dates: April 17th and May 8th
10am-1pm • Glendon College room B204
Registration by phone or email:
Phone: 416.487.6757
E-mail: certificado@glendon.yorku.ca
Exam Registration Fee: $15.00
GLENDON YORK U

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metratube of the day

Did you have to leave High School before graduating?
If you left school for financial or social reasons you may now enter the University of Toronto through the Transitional Year Programme.
This is a one-year, full-time preparation programme for people 19 or over. Students enrol at the University of Toronto and are usually eligible for financial assistance.
Transitional Year Programme
For information:
416-978-6832
www.utoronto.ca/typ
Transitional Year Programme
UNIVERSITY OF TORONTO

THE CHANG SCHOOL
RYERSON UNIVERSITY CONTINUING EDUCATION
Where Learning Leads®
Come to Information Night for the Spring/ Summer Term:
Thursday, March 25, 2010
4:30 p.m. to 7:00 p.m.
Spring/Summer term begins in May.
LOCATION
350 Victoria Street, Toronto, Ontario
(one block east of the Dundas subway)
www.ryerson.ca/ce/infonight
416.979.5035 ce@ryerson.ca

Make time to study

Choose the hours that make the most sense for you to study (such as after dinner), and mark them in your date book or day planner. When something comes up during those hours, politely decline and keep your date to study. ADULTED.ABOUT.COM

Take a flying leap, join the circus

KEITH CARMAN
for Metro Canada

The next time someone tells you to take a flying leap, go for it.

That's exactly what the Toronto School of Circus Arts (TSOCA) has been teaching everyone from novices to experts since 1999. Located in northern Toronto at No. 8 - 75 Carl Hall Rd., Downsview Park, TSOCA provides a broad range of individual and group instructional classes, team-building retreats, camps and birthday parties for all, aged five to 85.

As Decker LaDouceur, director of operations and new business development relates though, 80 per cent of participants generally range between 20 and 35 years of age, keen to fulfil that youthful dream of running away to join the circus — even if it's only for a $25 drop-in flying trapeze class.

Those who feel a deeper urge to explore the possibilities of circus performance will find a vast array of options at various price structures ranging from multi-tiered single classes through to full packages spanning an entire session.

"The (TSOCA) is for those who are looking to explore what the human body can accomplish while extending themselves on a creative and physical way in an alternative setting unlike a traditional gym," says LaDouceur. "Students register for a session, (which) may be a 10-class package or a four-class package. The flying trapeze is a class in itself and is not combined with any other package."

VINCE TALOTTA/TORSTAR NEWS SERVICE FILE PHOTO

The Toronto School of Circus Arts offers a drop-in flying trapeze class for just $25.

With choices such as trampoline, Chinese poles, acrobatics, juggling, aerial acts and more, one feels almost conflicted in paring down the array of options. Of course, not all of us are in shape to swing from our arms for hours, hence TSOCA's personal training and muscle conditioning lessons, available at their own gym as a part of all packages.

Unfortunately though, many responsibilities in this day and age reduce the amount of time most adults have to explore such leisure, hence one of TSOCA's more common questions — aside from price. How long are courses? On average, classes run at approximately one hour and sessions operate in 12-14 week cycles, assuring that virtually anyone can slot in the Toronto School of Circus Arts.

Still unsure? Maybe you need to see it for yourself. As a celebration of each year's participating classes, TSOCA hosts an annual talent showcase at their Carl Hall location with this year's extravaganza running June 11 and 12.

"It's based on Lewis Carroll's Through The Looking Glass," says LaDouceur. "It's for all ages and will be an amazing good time."

Learning that promotes success

A Continuing Education Success Story – Olga Reizman was looking to turn her job as a lawyer's assistant into a successful career when she heard about the Legal Assistant Certificate at George Brown College. The flexible hours allowed her to keep working full-time, and she benefited from having experienced instructors still working in the field. Before she had even finished the program, Olga had secured herself a great new position and was applying her new skills; within six months, she had earned a promotion.

The Business certificates, designations and courses offered in Continuing Education at George Brown College prepare you for solving problems in today's changing workplace. We offer evening and weekend courses in the following areas:

GENERAL BUSINESS
- Accounting
- Archival Practices
- Bookkeeping
- Business Administration
- Business General Interest
- Canadian Institute of Bookkeeping
- Canadian Payroll Association
- Canadian Securities Course (CSC)®
- Certified Employee Benefit Specialist Designation
- Certified General Accountants
- Executive Assistant
- Financial Planning
- Fundraising and Volunteer Management
- Human Resources Management
- Insurance Broker Licensing
- Investment Funds Institute of Canada
- Marketing Management
- Mortgage Agent
- Music Business Administration
- Ontario Management Development Program (OMDP)
- Payroll
- Practical Management Strategies
- Small Business

INTERNATIONAL BUSINESS
- Canadian Customs
- International Financial Management
- International Marketing
- International Trade
- International Traffic and Transportation

LEGAL STUDIES
- Institute of Law Clerks of Ontario Exams Preparation
- Legal Assistant
- Paralegal

For further details about the Business courses offered, go to coned.georgebrown.ca/business.

George Brown offers Continuing Education courses in the following subject areas:

- Business Skills & Management
- Community Services
- Computer Applications
- Emergency Management
- English & Communications
- Fashion & Jewellery
- Film & Photography
- Health Sciences
- Hospitality & Culinary Arts
- Information Technology
- Interior Decorating
- Languages
- Liberal Studies
- Lifestyle & Special Interest
- Makeup & Esthetics
- Nursing
- Teaching & Training
- Technology & Trades
- Visual Arts

Distance Education

GEORGE BROWN COLLEGE

Register now for spring classes at coned.georgebrown.ca

Did you know?
Picking a hobby that will help you learn a new skill gives you a chance to learn and relax at the same time. For example, a hobby of astronomy can expose you to mathematics that might improve your skills at your day job. PRODUCTIVITY501.COM

Get your green thumb blooming in class

If you're interested in learning how to garden, there are various courses available throughout the city.

EVA LAM
for Metro Canada

Torontonians can hone their green thumb with a variety of gardening classes available around the city this spring and summer.

For those looking to get a head start on their planting, the Toronto Botanical Garden launches a new series of five workshops this week in partnership with the Toronto Master Gardeners. The Urban Vegetable Gardening for the New Enthusiast series will span the growing season and teach sustainable gardening practices at the TBG centre in Edwards Gardens.

"Our series of classes will demonstrate that even in a tiny city lot, one can enjoy fresh harvests spring, summer and fall through careful planning, vegetable selection and crop rotation," says director of horticulture Paul Zammit.

A different workshop in the series will run each month through to September. The first workshop, dubbed Veggies in the City: Getting Back to Basics, takes place March 27 and covers container gardens for balconies or small yards, as well as raised beds and gardens for larger properties. Participants will leave the class with a container planted with early spring vegetables such as beets, kale and lettuces.

"Our series of classes will demonstrate that even in a tiny city lot, one can enjoy fresh harvests ..."
Paul Zammit, TBG Centre

The TBG has also partnered with George Brown College to offer a range of gardening courses through the school's continuing education studies. Subjects being taught at the St. James campus this spring include fundamentals of gardening, garden design, and turf and turf alternatives.

For distance learners, George Brown also offers four web-based gardening courses that begin May 14. Students receive online instruction on such topics as flowering bulbs and shrubs, lawn care techniques, and insect and disease control.

Elsewhere, gardeners can find classes centred on specific plants. Local horticulturist and writer Steven Biggs, who runs the gardening how-to website The Locavore's Garden, has added a fig growing workshop (July 18) to the small, hands-on classes he offers in North York.

Biggs says figs are an ideal crop to grow yourself for a simple reason: You can't buy a truly ripe fig. "A fig doesn't further ripen once picked. But when fully ripe, a fig is too fragile to ship," he says. "So the 'fresh' figs we see at stores are never truly ripe — and the taste doesn't compare with the ripe figs that you will only get from the tree. There's nothing like it."

Among other things, students will learn three different techniques to help their fig trees survive the winter in Toronto. At the end of the workshop, each student gets to take home a young fig tree.

Apply knowledge creatively to your career, and your life.

You've got goals. Whether you want to build on your current skills, embark on a new career, or simply try something new, Sheridan's Continuing Education courses and credentials can help you reach them.

Choose from over 800 courses – either online or conveniently located in Mississauga, Oakville and Brampton.

Get out on the open road this summer with
SHERIDAN MOTORCYCLE TRAINING!

Shine Brighter
Sheridan
CONTINUING EDUCATION
Register today
goals.sheridaninstitute.ca

MONTESSORI TEACHERS COLLEGE
Register Now for 2010 Info Session Toronto
Saturday Mar. 27, 2010
10:30 a.m.
Flexible payment plans available
Classroom Assistants', Infant/Toddler
Early Childhood and Elementary Courses Available
Call us: 416.640.1565
Or visit:
www.montessoriteacherscollege.com

DON'T BE THE LAST TO SEE IT.
Visit metronews.ca to watch
metrotube
The video everyone's talking about.

UNIVERSITY OF TORONTO **SCHOOL OF CONTINUING STUDIES**

Learn more.

Linda Stojcevski

Linda Stojcevski, Business and Professional Studies instructor, is Director of Global Risk Management for Magna International Inc.

"Continuing education is crucial in a rapidly changing business environment. It enables organizations to remain competitive. For individuals, it's an opportunity for enrichment and professional growth."

Spring forward with the School of Continuing Studies. We offer hundreds of courses to enhance your skills and enrich your life. Call now for a course calendar or to register, call **416.978.2400** or visit us at:

www.learn.utoronto.ca

UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES

Why do it?
Continuing education provides individuals with the knowledge, skills, values, attitudes and understanding they'll need in life as individuals, citizens and workers. CANLEARN.CA

Getting your hands on deck

Many classes in the GTA teach basics of sailing

JOHN KEILLOR
for Metro Canada

While sailing doesn't require accreditation, learning the basics and getting acquainted with seafaring is fairly straightforward.

With spring comes sailing season. New skippers and crew should be on the lookout for lessons. Sailing is safer and more rewarding with the right knowledge.

There are lots of schools in the GTA to choose from, with some different approaches to teaching.

"You can learn in a dinghy or in a keelboat," explains Simon Dennis, principal of the Toronto Sailing School. "The difference is dinghies capsize, while keelboats don't. So it's up to you if you want to get wet or not."

Boats without motors don't require a licence, but they do require proper skills. Also, there is a language specific to sailing. Sailing without the right knowledge makes a boating landlubber a menace to himself and to others.

"You can learn in a dinghy or in a keelboat." Simon Dennis

"It's like golf," Dennis says. "Taking lessons completely revamps your game. If you don't take a lesson from a pro, it's likely you have a lousy swing. Then when you do finally go get some lessons, it's harder to correct it."

Dennis, whose TSS teaches in keelboats, stresses that while sailing doesn't require accreditation, learning the basics and getting acquainted with seafaring is fairly straightforward.

"All courses are designed around the Canadian Yachting Association's curriculum," Dennis says. "It's a mix of theory and practise. Anyone who has completed these courses is certified CYA competent as skippers and crew. They also get a log book and a seal proving they've done the course."

As of last September, boats with motors require a pleasure craft operator's card to be legally manned.

Many of the sailing schools in the GTA also teach motor boating, so when you are comparing sailing schools online, make sure the school you're perusing offers the kind of teaching you want.

Sailing season goes from the last week of April until the last week of October, and so lessons begin this month. Learning the basics to get certified takes about 30 hours of lessons, with textbook study and hands on experience. These lessons are offered over the course of a week, or over two weekends.

Get on course with lessons on the links

RAFAEL BRUSILOW
for Metro Canada

Toronto has plenty of places where you can learn how to golf.

If the sunshine is making you wish you could walk the links and swing a club like a golf champion, Toronto has plenty of places to learn the ancient sport of accuracy and skill.

While most courses are currently still closed for the winter, most will be opening for golf season soon and many offer indoor instruction for people who want to get a jump on their game skills beforehand.

The scenic lands of northern Etobicoke offer a wealth of riches when it comes to golf with no less than nine separate courses available within a 15-minute drive of each other. For busy people who can't normally do weekday sessions, **the Royal Woodbine Golf Club** (195 Galaxy Blvd.) offers one- and two-day intensive crash courses, while the **Centennial Park Golf Centre** offers a wide variety of lesson lengths from 15 minutes to one hour for anyone from beginners to experts.

Go to centennialparkgolfcentre.com for more.

The scenic **Don Valley Golf Course** (401 & Yonge St.) offers instruction of all levels through its Golf Shop, as well as a course known for its particularly scenic setting and easily accessible location within the city. The shop also offers indoor instruction in the off-season as well.

Go to donvalleyprofessionalgolfshop.com for more.

Heading north, the **Richmond Hill Golf Club** offers year-round golf instruction including video analysis and highly trained staff through its Golf Learning Centre in an upscale setting on a well maintained course.

For more, go to richmondhillgolf.com.

At the **Glen Eagle Golf Club** (15731 Regional Rd. 50) in Caledon just north of the city you can learn golf from eight-time LPGA winner Sandra Post or several other successful professional golfers at Post's own golf school located on the course.

For more information, go to gleneagle.ca or sandrapost.ca.

For learning golf the new-fangled way, **Tee Times Indoor Golf** (80 Interchange Way) in Vaughan offers HD virtual golf technology that simulates a real golf course using high-definition images and gadgets that analyze your swing, club and shot skills. As an added benefit, the system lets you challenge some of the best and most memorable courses in the world in full HD glory, including standouts like Pebble Beach, Banff Springs and Kiawah Island.

Go to teetimesindoorgolf.com for more information.

A future you can start now.
You could WIN a $2,500 Scholarship at cga-yourcareer.org.
CGA CERTIFIED GENERAL ACCOUNTANTS
We see more than numbers.

Study tip
If you have children, include them in your studying, if possible. Have them drill you using notecards that you have created, or have them ask you questions that you give them to help you study for tests. SIMPSON.EDU

Teaching home basics

LEYLA EMORY
for Metro Canada

If "all the world's a stage," your home would be front and centre. So why not take a course on it?

For the third year in row Centennial College is offering Home Staging 101, a three-hour workshop on how to stage your home for living or selling.

"Staging for living is similar to decorating in that we involve the family and put a personality in the house," says Bonnie Dell who teaches the course. The aim is to create a personalized, but uncluttered environment.

"We encourage homeowners to get rid of the stuff they don't want. Many people are under so much stress they don't realize that the visual noise that greets them when they walk in the house can cause even more."

Take out the personality and you're on your way to staging for selling. In this case "the house is the main actor," says Dell. "Everything else is there to support the actual house." Dell refers to this as show case condition: "Arrange the furniture and the accessories to showcase the house. If there's a fireplace create a conversational area around it, making it the focal point. If there's a bay window dress it up so you could sit and read in it. It's all about accentuating the architectural features of the house itself."

PHOTOS SUBMITTED BY CENTENNIAL COLLEGE

Centennial College offers Home Staging 101, a three-hour workshop on how to stage your home.

And if every stage production needs a director, yours is a camera.

"We say your camera is your best friend," says Dell. "The Internet has changed the way the house is bought and sold. More than 85 per cent of people look on the Internet before they go and see a house. So pictures on the Internet are making the buy or not buy decision. Your house has got to look good in pictures."

But even for living, "taking (the house) out of the three dimensional aspect and putting it into two dimensions gives the homeowner an objective view of their room," says Dell.

Aside from just homeowners looking to feel comfortable in their home or gain a competitive advantage in the marketplace, real-estate agents also benefit from concepts tips and techniques of Home Staging 101.

And for those looking to stage homes for a living, this is also a good place to start.

"Ours isn't a course to teach you how to be a home stager," says Dell. "But it will give you the basics so that when you investigate further you have a general understanding and can choose more wisely which courses you want to take."

Make learning fashionable

EVA LAM
for Metro Canada

By day, Sarah Dash works at a bank. But in her downtime, her craft involves a needle and thread.

"I do alterations as a hobby and I've sewn for different people," she says. "Sometimes I [also] make garments from scratch … I look at it more as a hobby, but at the same time I'm able to make money on the side."

A 1994 Seneca College fashion graduate, Dash returned to the school last summer to upgrade her skills through the college's part-time fashion studies program.

The program's flexible schedule and specialized offerings attract a variety of students including hobbyists like Dash, says program coordinator Mary Duldouras.

"Maybe 20 per cent would be from industry," she says. "The remaining 80 per cent is about half and half for people who are just taking it for their personal interest and gain, and those who are looking to change their careers and start their own businesses."

Courses may be taken as one-offs, but students can also obtain a fashion studies certificate if they complete 10 part-time subjects, including six required core subjects. Students must begin with Basics of Garment Construction, a prerequisite for all the other subjects. In this course, students are introduced to the industrial sewing machine, simple patterns and basic fabric preparation. They then apply their newfound skills to construct two garments.

Dash says she especially enjoyed the demonstration aspect of the Ladies' Suit Jackets course she took last summer.

In lieu of the certificate, students can also apply their courses toward recognitions of achievement in garment construction, pattern making and advanced couture sewing.

Courses

- All classes include a combination of lecture and demonstration by instructors who have a background in the fashion industry.

HUMBER
The Business School

HOW TO BE MORE EMPLOYABLE?

BE A MULTI-TALENTED, RESOURCEFUL, EFFECTIVE PROBLEM-SOLVER!

CONTINUE YOUR EDUCATION IN BUSINESS, EVENINGS, WEEKENDS, ON-CAMPUS, ONLINE, ON YOUR TIME.

APPLY NOW!

be more

business.humber.ca/ce

ADVERTISING FEATURE

I want to ask you a question.
How employable are you?

Keeping yourself employable is a skill that you must develop: it doesn't happen by accident. If you are highly employable you are making yourself "recession-proof". Regardless of how bad the situation is out there, if you are a resourceful individual that proves to be an effective problem-solver for your organization, it's almost guaranteed that your name won't be in the next lay-off list. In difficult times it's essential for companies to retain talented individuals capable to make positive contributions to companies' bottom lines. Are you one of those individuals? Here is where **Continuing Education at Humber** and a commitment to life-long learning can provide you wonderful opportunities to become a key factor in the success of your organization. Choose the right combination of courses that will keep you aligned with the growth goals of your company, or even better, be the one bringing in fresh ideas and know-how to influence the decision making for continuous improvement. Take a proactive approach to position yourself better to be a key player. It's not only about the knowledge that you'll get, but also about the practical skills that the hands-on nature of college education will give you. You'll learn how to apply that knowledge in developing innovative solutions for your business. You'll have fantastic networking opportunities when interacting with experienced faculty active in the business world and like-minded individuals that will be part of a holistic and enriching learning experience. **Be More Employable…**

HUMBER

Make learning a priority

Few external forces are going to persuade you to learn. Once you decide you want to make lifelong learning a habit, it is up to you to make it a priority in your life. LIFEHACK.ORG

A city's story in stone

RAFAEL BRUSILOW
for Metro Canada

Toronto's architecture, like its people, is an eclectic mix full of wondrous variety and holds plenty of surprises for people interested in looking a little closer.

Architectural historian Marta O'Brien teaches three courses about Toronto's architecture at the University of Toronto School of Continuing Studies and says the fact that architecture plays such a huge role in our lives makes studying it worthwhile.

"We experience architecture every day. We all live in buildings, we all work in buildings, we're all entertained in buildings — they're such a big part of our lives so understanding them is valuable," O'Brien said.

"We experience architecture every day."
Marta O'Brien, U of T

The courses are non-credit, with no tests or assignments and last about eight weeks, with two-hour sessions once per week. O'Brien has counted architects, interior designers and real estate agents amongst her student body for the courses and she does all her own photography for the slides she uses in class.

Toronto's Residential Architecture: A History examines all kinds of buildings people have lived in throughout Toronto's 200-year history and how different forms of architecture have reflected the city's social and cultural progress. The course includes a walking tour of Rosedale, one of the neighbourhoods most demonstrative of Toronto's changing architecture.

Toronto Commercial Architecture: Shops to Skyscrapers looks at how commercial places like stores, theatres, hotels and banks have used architecture to attract attention and project an image. The story of Toronto itself can be traced as buildings have metamorphoses from factories to storehouses to shops.

"Toronto was a manufacturing town for most of its life until the 1980s. We look at its evolution to help us understand the cycle," O'Brien said.

Toronto's Neighbourhood Architecture looks at the eclectic mix of different neighbourhoods that make up the city of Toronto and how and why each area developed how it did. Places like Yorkville, the Beach and the Junction each hold their own rich histories and even richer architectural offerings.

The overall goal is to give students a better understanding of not only where Toronto has been, but where it's going and why things have progressed the way they have. For O'Brien, beyond the joy of teaching it's all about celebrating the city she loves.

"I love talking to people about this city because I love this city," O'Brien said.

For more information about enrolments, visit learn.utoronto.ca/sshome.htm.

KEITH BEATY/TORSTAR NEWS SERVICE

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Left: Toronto's Eaton Centre. Right: A home in Rosedale, a neighbourhood most demonstrative of Toronto's changing architecture.

Take a walk

- Marta O'Brien also guides walking tours of Toronto where she teaches about the history and architecture of the city's most distinctive neighbourhoods. For more information, visit citywalks.ca

CENTENNIAL COLLEGE

BECOME THE NEW YOU

Begin your transformation this spring. Our School of Continuing Education offers:

- New accelerated programs
  – Complete your studies faster
- Distance learning options
  – Your home can be your classroom
- Evening and weekend programs
  – Flexibility to suit your busy schedule

Advance in your current career, start a new career path or even learn a fun new hobby.

To get your free Spring/Summer Program Planner, or for more information about our programs and services, go to centennialcollege.ca/parttime.

The Future of Learning

Early bird gets the class

LEYLA EMORY
for Metro Canada

There are night people and there are morning people. Starting in May, Ryerson will cater to both.

In an effort to provide the working student with accessibility and flexibility The G. Raymond Chang School of Continuing Education is offering some of its more popular courses between the wee hours of 7:30 a.m. and 9 a.m.

"Individuals in downtown Toronto or elsewhere will be able to stop in for an hour and a half before work once or twice a week and launch their post secondary education journey," says Gervan Fearon, dean of The Chang School.

It's all part of Ryerson's initiative to make post secondary education possible for everyone.

The Ontario government recently released a statistic stating 70 per cent of future jobs will require some degree of post secondary education. Ontario has a high level of post secondary accomplishment at 62 per cent. "But the reality is that there's a gap," says Fearon.

"So the question is how do we, as a society, fill that gap." By allowing individuals to "really tool and increase their post-secondary educational background and invest in what economist call their human capital," says Fearon.

"We're saying to our students and to the workforce in general that it's a partnership. We're willing to make the partnership with you as learners to advance your post secondary education and to advance your careers," says Fearon.

"For example our Project Management course. That's something that someone could come into the classroom between 7:30 a.m. and 9 a.m., and walk into the workplace a few minutes later and apply what they just learned." Since courses start in May there's yet to be any feedback on how the classes will actually fit in with the workday.

But as one of the few schools offering early morning courses the gesture is appreciated according to Fearon.

"There's been a general sense that we're listening and responsive to the needs of individuals in the GTA in terms of providing really excellent accessibility and flexibility for education," she says.

So if you're an early riser anyway, use it to your advantage and see what happens.

"The vast majority of our courses are university credit courses and as a result individuals can put them towards a certificate or a degree that will affect their opportunities in the workforce," says Fearon.

A working world

- Ryerson already offers evening courses, online courses and hybrid courses (taught both online and in class). Its latest expansion into the morning timeslot is another way in which it seeks to integrate education with the working world to increase productivity.

Restart your Career in Canada!

Bridging Programs allow people to make use of their education and work experience acquired abroad and enter rewarding fields in the workforce in Canada.

Career and Work Counsellor (Diploma):
communityservices@georgebrown.ca | ext. 2185 | Starts September

College Teacher Training (Graduate Certificate):
cttp@georgebrown.ca | ext. 3268 | Starts September

Construction Management (Graduate Certificate):
construction@georgebrown.ca | ext. 4398 | Starts January

Early Childhood Educator (Bridging):
http://www.aeceo.ca | ext. 2310 | Ongoing

Research Commercialization and Innovation (Graduate Certificate):
rci@georgebrown.ca | ext. 4386 | Starts September

Please check on the start dates of your specific program.

George Brown College Immigrant Education
416.415.5000
www.georgebrown.ca/iie

Career Training

Feel Great About Your Future

Work in Health Care in Less Than 1 YEAR!*

We'll Help You Get There
>Hands-on Training
>Small Class Sizes
>Experienced Instructors
>Financial assistance may be available for those who qualify
>Morning, afternoon and evening classes available
>Career Services assistance available

For More Info, Call
1-866-845-0276
Apply online at
www.EverestToday.com

Everest | COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

12 Convenient Locations
Barrie • Brampton • Hamilton City Centre • Hamilton Mountain • Mississauga
Newmarket • North York • Ottawa East • Ottawa West • Scarborough
Toronto Central • Toronto College Park

*Programs and Schedules Vary by Campus. *Some programs longer than one year.*

LEARN ENGLISH, CALL TODAY!

English classes are now available in your community. Take advantage of this opportunity to upgrade your skills and get your career on track. All programs are free of charge. Call today to find out about start times, dates and your eligibility for childcare and transportation services while enrolled in the program.

FOR MORE INFORMATION CALL
888.977.3254

LEARN SPEAK LIVE
ENGLISH CLASSES

Обучение английскому языку
Kursy języka angielskiego
کلاسهای زبان انگلیسی
Clases de Inglés
mga klase sa Ingles
Các lớp học Anh ngữ
Μαθήματα των αγγλικών
cours d'anglais
ਅੰਗਰੇਜ਼ੀ ਸਿੱਖਣ ਲਈ ਕਲਾਸਾਂ
Cursos de Inglês
Corsi d'inglese
英文课
영어 교실
अंग्रेजी कक्षाएं
xissadha ingriiska

Citizenship and Immigration Canada | Citoyenneté et Immigration Canada | Canada
learnspeaklive.ca

Evans promoted to captain

The Hollywood Reporter is reporting that Chris Evans has officially been offered the role of Captain America. If the Fantastic Four actor were to accept the role, he would sign on for up to three Captain America movies. PEOPLE.COM

Entertainment

Just Married!

Borat star Sacha Baron Cohen has married longtime girlfriend actress Isla Fisher, according to Women's Day. The ceremony reportedly took place in Paris, where the two spent a week at the Hotel Ritz. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

The boy next door

Teen heartthrob Justin Bieber is just too cute to hate

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

It may be just me, but I really want to hate Justin Bieber. The 16-year-old Canadian kid, in case you've been living under a rock, is one of the biggest musicians in North America right now.

He's everywhere — from chatting with Katie Couric and posing for the cover of Billboard Magazine to weeks being on Twitter's trending topics list, it's impossible not to run into something Bieber.

The oversaturation is not why I want to dislike the skinny, androgynous looking boy from Stratford, Ont., though it doesn't help. The reason? There isn't one — he's hard not to like.

Don't get me wrong, Bieber is obnoxious — he's got an odd speaking voice, sounding like a mixture of Jay-Z, suburban Canuck and cocky teen, and he's not doing anything for his fans' musical tastes, who are stuck singing eye-rolling saccharine pop that sounds like a mixture of Michael Jackson, 'N Sync, and every American Idol winner.

But Bieber's appeal lies beyond his mostly forgettable melodies — the singer knows how to connect to his audience in a way most acts can only dream of.

What I like about Bieber (besides being giddy about visiting family in Winnipeg, where I'm originally from) is that he acts, sings and talks like a teenager, albeit a teenager who has countless adoring female fans and a travel schedule that takes him around the world. He talks about his mom a lot, he's never made it a secret that he was discovered via embarrassing videos of him playing what looks like an oversized guitar on YouTube (he's just really small) and he writes, cleanly, about the same, turbulent, adolescent love that us adults are happy to forget. How can you dislike a guy that sings "adore ya, girl I want ya… you're my special little lady, the one drives me crazy?"

"Bieber's appeal lies beyond his mostly forgettable melodies — the singer knows how to connect to his audience in a way most acts can only dream of."

Bieber's new album, My World 2.0, closes with a ballad about seeing his girl out with another guy. "Did you think that I wouldn't see you out at the movies," he sings on That Should Be Me, before launching into a gut wrenching (for a pre-teen) chorus about how it should be him "holding your hand." At the risk of sounding condescending, the whole act is really cute.

And that's exactly why he's as popular as he is. More so than Justin Timberlake or New Kids on the Block, Bieber is the boy next door. He's not particularly handsome, he's got a fauxedge that many teenage boys put on for the girls, and he loves to hang out at the mall (or at least perform there). He's wholesome without being Disney — he's the kid who'll grow up to be a doctor or maybe an accountant. For everyone wondering why this guy is so popular, there's your answer. And you know what? I can't fault him for playing to his audience.

Justin Bieber, whose rise to fame has been meteoric, is poised for further success with the release today of his album, My World 2.0.

In a music industry where teens go wild over Lady Gaga's oversexed outfits and the Black Eyed Peas' "dirty dancing," it's not so bad to have a slightly annoying, but good-natured Canadian kid topping the charts.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Musical shakeup inspired Norah Jones on The Fall

KAREN BLISS
for Metro Canada

Norah Jones doesn't feel it was brave of her to record her latest album, The Fall, with a brand new set of musicians, even though changing even one player can have an enormous effect on a band from the chemistry to the sound.

"For me, it needed to happen," says Jones. "It was time for me to mix it up and try new things. All the people I've played with, it was time for them to try new things too, I think."

Although the N.Y.C.-based singer-pianist didn't know any of the players before she got in the studio with them and producer Jacquire King (Kings of Leon, Modest Mouse, Tom Waits), Jones says everybody was really nice and she felt comfortable giving direction, when necessary.

"Some musicians take direction well and get better with a little bit of insight from the person they're playing with; some people do better just going on instinct and as soon you ask them to change one thing, it doesn't work anymore," says Jones. "Everybody's different. I learned that."

It worked out so well that those players are now her touring band, which stops in Toronto at Massey Hall tonight. "It's just really fun to play and they sound great," she says.

Norah Jones is currently touring in support of 2009's The Fall.

Jones was first viewed as a jazz artist when she debuted in 2002 with Come Away With Me and then threw in some country flavour on 2004's Feels Like Home, both of which mainly featured other people's songs. For the next, 2006's Not Too Late, she wrote every single one, some as co-writes; same with 2009's The Fall, which ranges from the swinging rock 'n' roll of It's Gonna Be to the soft sultry pop of Chasing Pirates.

Norah Jones performs at Massey Hall tonight

"The last couple of records have been all my songs and it's been rewarding. I feel encouraged as a songwriter," she says.

Jones, who turns 31 at the end of the month, has sold a staggering 40 million albums worldwide. Most people work in order to retire, to one day have enough money to stay home. What keeps her motivated?

"I like what I do," she says simply. "I like the music. The minute the music gets boring or I don't like it, I'm not going to do it anymore. That's why I have to keep trying new things and change it up.

"I don't know, I could be into staying home and hanging out," she laughs. "And I have the past couple of years. It's been a lot of work, putting this album out and traveling again and I do enjoy it, but there has to just be a balance."

Run Shia run
Shia LaBeouf ran the Los Angeles Marathon in less than five hours on Sunday. The Transformers actor ran the 26.2 mile race to raise money for charity US VETS in four hours, 35 minutes. METRO NEWS SERVICES

Twilight director Catherine Hardwicke will be honoured at this week's Female Eye Film Festival.

Honour for Hardwicke

City's Female Eye film fest salutes Twilight director

ADAM NAYMAN
for Metro Canada

"It's a really cool honour," says Catherine Hardwicke of her selection as the first-non-Canadian filmmaker to receive the Female Eye Film Festival's Honorary Director award.

Hardwicke, who is best known for helming the first film in The Twilight series — and for declining to do likewise for New Moon — joins a list of honourees that includes the art-house approved likes of Patricia Rozema and Deepa Mehta.

Hardwicke's resume, which also includes Lords of Dogtown and The Nativity, is considerably more commercial, although the filmmaker doesn't like to think in those terms.

"It's more important (for me) to fight the battles to make the best movies I can about the subjects that are fascinating to me — and to be the best example that I can be. It's about the work."

Female Eye's founder and director Leslie Anne Coles thinks that Hardwicke's career arc is unique but notes that it is in some ways similar to those of other female directors.

"One thing that we've noticed over the years is that female directors often make a transition from other parts of the industry. (Catherine) has a background in production design and art direction, and she evolved her skillet to the next level. She's had a huge hit (with Twilight) but she's also made an impact in the political arena – she didn't direct the sequel. She's a woman who has made her bones in a difficult industry."

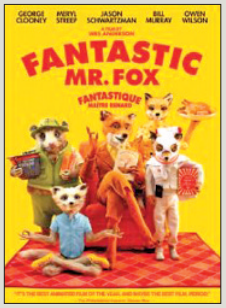
Coles says that while honouring Hardwicke does set a new precedent for a traditionally nationalist festival, Female Eye — which kicks off tomorrow — hasn't abandoned its independent roots.

"We're always looking for an eclectic mix," she says. "For example, this year, we have more experimental films than ever before. We also have more features than we've had in previous years, and documentaries. I really do think that this is the strongest lineup ever."

If you go ...

- The Female Eye Film Festival begins tomorrow and runs till Sunday. For a complete lineup of films, visit femaleeyefilmfestival.com.
- For advance tickets, visit TicketBreak.com Screening Tickets are $8 in advance or $10 at the door (Rainbow Cinemas Market Square)

DVD picks



Fantastic Mr. Fox

Directors: Wes Anderson

DIRECTOR/WRITER Wes Anderson and co-writer Noah Baumbach make a few modest changes from Roald Dahl's eponymous source novel about a furry chicken thief, but they remain faithful to Dahl's good spirit and sense of wonder at the natural world.

At first glance, it's somewhat puzzling that Anderson, a dedicated hipster Texas filmmaker now living in chic Parisian exile, would be attracted to Dahl's veddy British bedtime story. But the mystery is resolved soon. Mr. Fox, voiced by the ubercool George Clooney, is as hip as they come.

As we join the story, Mr. Fox is having a vulpine mid-life crisis. He's a successful and snappily dressed newspaper columnist, loyal spouse to Felicity (Meryl Streep) and devoted father to son Ash (Jason Schwartzman). But he's no longer happy living in a hole and wants to relocate to fancier digs in a hilltop tree and he's eager to return to a life of "pure wild animal craziness."

His lawyer Badger (Bill Murray) warns him the tree is within shooting distance of the farms of Boggis, Bunce and Bean, "three of the meanest, nastiest, ugliest farmers in this valley."

Mr. Fox is undeterred. He plans the proverbial "one last big job" both to replenish the larder and to prove he still has foxy cojones.

With an engaging story, painstaking retro stop-action animation, an agreeably perverse soundtrack and dreamy colour palette, Fantastic Mr. Fox is a crowd pleaser for all ages.

Extras include numerous making-of features about the film and backgrounders on the world of Dahl, including one called A Beginner's Guide to Whack-Bat.

The Blind Side

Directors: John Hancock

SUPSICIONS THAT Sandra Bullock received her recent Best Actress Oscar as a career achievement award rather than more immediate recognition are amply borne out by this schmaltzy hit.

It's the feel-good motivation sports tale of rich white southerner Leigh Anne Tuohy (Bullock), who takes impoverished and illiterate black youth Michael Oher (Quinton Aaron) into her family, to nurture the amazing football skills she's knows are within him.

Were it not based on a true story, that writer/director John Hancock has dressed up just a bit, the "liberal guilt" aspect of the film might be too much to take.

Even knowing there is a real Tuohy doesn't make The Blind Side any less cavity-inducing, or utterly predictable in its narrative arc.

Still, it must be said that Bullock excels at this kind of character and the film actually plays better on the small screen than it did on the big one. It seems like a "Movie of the Week" that successfully made a Hail Mary pass.

The extras on the plain DVD are limited to deleted scenes. The Blu-ray version offers a chance to see Bullock with the real Leigh Anne Tuohy, and to marvel at how much they are alike.

Brothers

Directors: Jim Sheridan

IRISH FILMMAKER Jim Sheridan's domestic drama suffers in comparison to its award-winning 2004 Danish predecessor. Susanne Bier's original Brothers exceeds Sheridan's copycat in every regard, so much so that it could taint your view of the solid lead performances by Tobey Maguire, Jake Gyllenhaal and Natalie Portman.

The story turns on two brothers in motion. Dedicated soldier Capt. Sam Cahill (Maguire) is returning to Afghanistan for his fourth tour of duty with the Marines, while his ne'er-do-well sibling Tommy (Gyllenhaal) is being released from prison, having served time for some kind of bank job. Dormant tensions rise, among them the mixed feelings by Sam's wife Grace (Portman) towards Tommy.

Extras include a commentary by Sheridan and a featurette on how he came to do this remake.

Peter Howell/for Metro Canada

Weisz wins Olivier award

Rachel Weisz added a stage accolade to Hollywood stardom Sunday, winning the best-actress prize at London's Laurence Olivier theatre awards for her role in A Streetcar Named Desire. THE ASSOCIATED PRESS

It's alive and singing

Brooks' musical version of Young Frankenstein hits city

JOHN KEILLOR
for Metro Canada

The Monster is back, and he's written a musical about Frankenstein.

Now in his 80s, Mel Brooks is one of the most enduring American comedy icons.

Having scored huge with irreverent blockbuster movies like The Producers and Blazing Saddles, Brooks' new song and dance version of Mary Shelley's 1818 novel is a campy tuneful gagfest.

According to the man who plays the monster in Young Frankenstein, Brooks is as brilliant a musician as he is a comedian.

"Mel was originally a jazz drummer, and his jokes always have perfect rhythm," explains Shuler Hensley at the Princess of Wales Theatre.

"He's completely suited to write musical theatre. For his films, he wrote all his own music. I think he's always wanted to write an Old School musical like this one."

Loosely adapted from his Oscar-nominated 1974 film Young Frankenstein, this production is about a New York brain surgeon who inherits a castle and laboratory in Transylvania.

The farcical humour is combined with the song and dance numbers packed with rude hilarity. Imagine Springtime for Hitler (from The Producers) except about body parts.

"It's amazing to see it all come together live, those songs in that comedy style that Brooks invented," says Edmonton-born actress and dancer Shauna Hoskin. "There are things happening in this show I've never seen anywhere else, like a version of Putting On The Ritz where everyone dances with their own shadow.

"New things keep happening but in combinations that are hilarious and seem timeless."

Brooks has always been brutally funny and funnily brutal, and this production takes the same kinds of risks he took in his most famous films, like how he made a Nazi a comic character in The Producers.

He's never been politically correct and he always seems to do exactly whatever he wants.

So it's a bit of a mystery why Brooks waited so long to write for the stage.

"I think music has always been Mel's true passion," says Shuler, whose diverse stage credits include the lead in both Phantom of the Opera and the atonal opera Wozzeck.

"Music and comedy is in wonderful balance here. It's all about setting up the big juicy jokes."

Young Frankenstein is directed and choreographed by five-time Tony Award winner Susan Stroman. Roger Bart stars as the doctor.

Young Frankenstein continues at Toronto's Princess of Wales Theatre through April 18.

Anne Horak and Roger Bart star in the North American tour of the new Mel Brooks musical Young Frankenstein. The production continues at Princess of Wales through April 18.

"Mel (Brooks) was originally a jazz drummer, and his jokes always have perfect rhythm."
Shuler Hensley

Jackson hands Hobbit to del Toro: Designer

Jackson

del Toro

One of Peter Jackson's frequent collaborators says the Lord of the Rings director passed the torch to Mexican filmmaker Guillermo del Toro to give the trilogy's two-part prequel, The Hobbit, a fresh look.

After the huge success of the Rings series, Jackson is now working on adapting the J.R.R. Tolkien fantasy novel that takes place before the trilogy. But this time the Oscar-winning New Zealand filmmaker is producing and working on the script, relinquishing directing duties to Del Toro, whose credits include Pan's Labyrinth and the two Hellboy movies.

Longtime Jackson collaborator, art designer Richard Taylor, says he thinks his friend gave up the director's chair "probably because he's spent so long in Middle Earth ... and probably felt a director such as Guillermo could bring something passionate and unique and original and new to the content for the sake of the fans," referring to the imaginary world where the novels are set.

"It's an absolute delight to be working with Guillermo Del Toro. We've all enjoyed his craft as seen in Pans Labyrinth and the Hellboy movies. His unique esthetic and storytelling style brings a lovely esthetic to the world and one we're enjoying being part of," Taylor told The Associated Press yesterday in Hong Kong, where he is attending a digital entertainment conference at the technology park Cyberport.

The Weta Workshop president said his team has started designing the landscape and characters in The Hobbit, but that he was unclear when shooting on the New Line Cinema production will start in New Zealand.

"(Peter Jackson's) spent so long in Middle Earth ... and probably felt a director such as Guillermo could bring something passionate and unique and original ... to the content."
Richard Taylor

"We're just patiently waiting for it to begin. It's been in early development for a while. I'm sure it will get going some time soon," Taylor said.

He said he will stick to a consistent look for the main characters that appear in both the Rings series and The Hobbit.

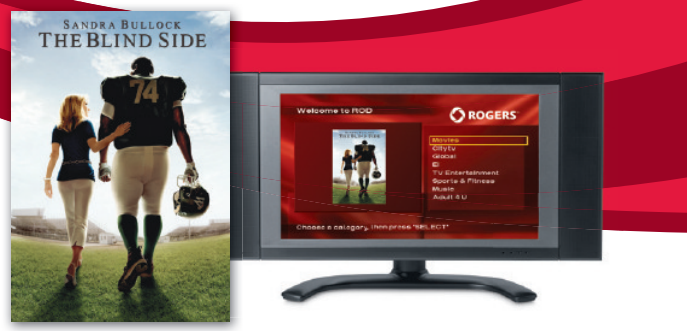
Taylor, who also won Oscars for his work on the Rings series, said he doesn't know if The Hobbit will be released in 3-D, but said the Weta team will take advantage of technological advancements since the first trilogy. "Like any film, there will be an effort to utilize the tools that are available to us today to achieve visual images that will excite and intrigue an audience as we did try 10 years ago."

THE ASSOCIATED PRESS

IT'S EASY TO SEE THE BLIND SIDE. WATCH IT ANYTIME ON DEMAND.

CATCH THE LATEST MOVIE RELEASES ON ROGERS ON DEMAND.
Order *The Blind Side* tonight, from the comfort of your home.
• Available the same day as the DVD release
• It's always in stock and there's no DVD to return

ROGERS ON DEMAND | CHANNEL 100



EXCLUSIVELY FROM ROGERS™

Basic Cable and Digital Box required for On Demand programming. On Demand not available in all areas. Programming subject to change without notice. ™Rogers & Mobius Design are trademarks of or used under license from Rogers Communications Inc. or an affiliate. The Blind Side © 2009 Warner Bros. Entertainment. All Rights Reserved. © 2010 Rogers Cable Communications Inc.

Jersey Shore move to Miami
Time to pack the hair gel and Situation T-shirts, Jersey Shore, which stars Snooki, is heading south. Preparation for Season 2 is set to begin in two weeks in Miami, The Miami Herald reports. TVGUIDE.COM

The return of Thrush Hermit

Seminal '90s indie act reunite for mini-tour

CAM LINDSAY
for Metro Canada

With nostalgia for the '90s in full swing, it makes sense for a band as beloved as Thrush Hermit to reunite. Many felt the seminal East Coast indie band called it quits far too early in the midst of a creative peak in 1999, following the release of their second album, Clayton Park.

Free Tickets

- Metro Music is giving away a pair of tickets to the Train show at the Phoenix tomorrow. Contest closes at noon today. For details visit us on Twitter @TheMetroMusic.

"I think we're pretty aware that this tour is all about fun and celebrating happy memories — for us, as well as those that come out." Rob Benvie

The whirlwind reunion mini-tour (shows in Moncton, Halifax, Waterloo, Peterborough, Ottawa and Toronto) is a "sort of celebratory jaunt" to loosely coincide with the anniversary of their demise, explains vocalist/guitarist Rob Benvie. "The idea had been kicking around in a half-assed kind of way for a while.

"Last summer I spent some time in India and while there suffered a bout of deep nostalgia, part of which involved listening to the old records and thinking wistfully of years past. I hit up the guys on the idea and we all agreed the time was right."

Their nine sold-out shows confirm that Thrush Hermit fans feel the same. Benvie says they "originally intended on only doing two or three shows. However, once the word got out, offers rolled in and we expanded the project."

The members hitting the stage will be the most familiar lineup: Benvie, Joel Plaskett, Ian McGettigan and Cliff Gibb. Fully aware of the expectations that come with reforming after a decade, Benvie says, "We're a bit older, but not that old. And we've all kept actively rocking in other forums since, so cascading back into the classic Hermit paradigm shouldn't be too tough. We intend on making it just as mighty, if not mightier, than we were in our prime."

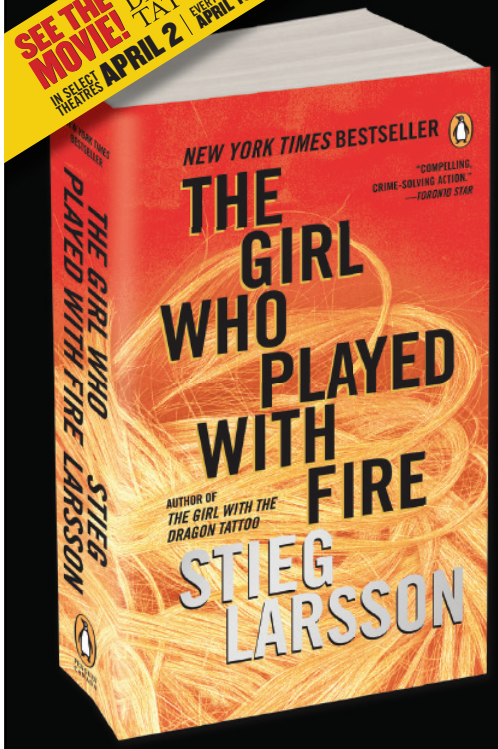
In order to do it right, the band will have new merch on hand including "attractive new shirts" and a seven-disc set compiling their complete discography for sale. Containing six CDs and a DVD with a 1999 doc and unseen footage, Benvie considers it "the ultimate reward for those that still pledge allegiance to the Hermit."

As for what happens after they close their last set at an all-ages gig on Sunday in Toronto, Benvie is unequivocal. As far as anything new, the band has "no desire to get that machinery rolling again. I think we're pretty aware that this tour is all about fun and celebrating happy memories — for us, as well as those that come out."

Thrush Hermit is back together for a short tour. The band performs in Toronto on Friday and Saturday.

In Concert

- Thrush Hermit plays Lee's Palace on Friday & Saturday.

SEE THE MOVIE! IN SELECT THEATRES APRIL 2 | EVERYWHERE APRIL 16
THE GIRL with the DRAGON TATTOO
ALLIANCE


Now in paperback, Book Two of
THE MILLENNIUM TRILOGY
Over 26 Million Copies Sold Worldwide
"Salander is back."
—THE NEW YORK TIMES
"Lisbeth Salander could be the female Jason Bourne … an intelligent, fascinating story that draws readers in, and keeps them turning the page." —ASSOCIATED PRESS
Win a trip for two to see Stieg Larsson's Stockholm

"BELIEVE THE HYPE." —PEOPLE
Visit Metronews.ca/Penguin to enter. Contest ends April 30.
metro
Visit Sweden
Stockholm
Sheraton
SANDHAMN
ICELANDAIR

PRINCESS OF WALES THEATRE
300 KING STREET WEST
AIR CANADA PRESENTING SEASON SPONSOR

NOW ON STAGE UNTIL APRIL 18
416-872-1212 MIRVISH.COM

Visit **clubmetro.com** and enter for your chance to WIN!

To register and for full contest details visit clubmetro.com

Affleck aims to help devastated Congo

Ben Affleck launched a new initiative yesterday to raise money and awareness over atrocities committed against women and children during years of conflict in eastern Congo, Affleck told The Associated Press.

The American actor and director spent five days in the country last week, where he met with former child sex slaves and prisoners convicted of rape in the hope of gaining a better understanding of Congo's troubles.

The new foundation — the Eastern Congo Initiative — will support community-based, Congolese groups, said Affleck on the heels of his fifth trip to the country.

"It was folks in these communities that were addressing the humanitarian crisis who were doing the most, in my view, to solve it, because they understood the community, because they understood the problem, they were the most dedicated and the most committed because it was their lives," Affleck told AP over the weekend at Nairobi's international airport.

Ben Affleck

"Naturally they were best equipped to solve it. Their impediment was they didn't have the means, the funding," he said.

The new initiative is funded in part by founding member Howard G. Buffett, son of investor Warren Buffet, to whom Affleck pitched his vision of a new aid group by describing eastern Congo's dire situation.

"I want you to know that 3.5 million people have died over the last 12 years. I want you to know about the women who are being raped, about the child soldiers ... about the kids I just met who have HIV," Affleck said he told Buffet. "I kind of bored him for two hours and basically twisted his arm."

Affleck declined to say how much money his initiative has raised. It will begin making grants in coming months, he said.

The 37-year-old has been travelling to eastern Congo since 2007 and previously directed a short film called Gimme Shelter about the humanitarian crisis there. The country has suffered years of violence and its devastating 1998-2002 war split the vast nation into rival fiefdoms and involved half a dozen African armies.

THE ASSOCIATED PRESS

WITH THE MOST HD MOVIES, YOU'LL NEVER MISS YOUR FAVOURITE FLICKS.

FREE ROGERS HD BOX $249 VALUE

WHEN YOU TRADE IN YOUR SATELLITE RECEIVER.[1]

- Get over 4X more HD programming than satellite*
- Exclusive HD On Demand
- More reliable than satellite in extreme weather conditions

IF YOU'RE NOT WITH ROGERS, YOU'RE MISSING A LOT.
Go to rogers.com/LoveHD, call 1 866 607-4277
or visit a Rogers Plus store or an Authorized Dealer.

ROGERS™

*Based on comparing Rogers total number of HD program choices to other HD service providers within Rogers serviceable area. [1]Available for a limited time to customers who do not have Rogers Cable TV service. Subject to change without notice and may not be combined with any other discount. Free digital HD box with Rogers Digital TV subscription (min. 2-year term required) and relinquishment of satellite receiver and remote to Rogers. Early cancellation fee applies. District 9 © 2009 Columbia Tristar Marketing Group, Inc. All rights reserved. The Informant! © 2009 Warner Bros. Entertainment Inc. All Rights Reserved. Inglourious Basterds © 2009 The Weinstein Company, LLC. All Rights Reserved. Distributed Exclusively in Canada by Alliance Films. All Rights Reserved. Terminator Salvation or The Machinima Series © 2009 T Asset Acquisition Company, LLC. All Rights Reserved. © Warner Bros. Entertainment Inc. (s09). All Rights Reserved. Cloudy with a Chance of Meatballs © 2009 Columbia TriStar Marketing Group, Inc. All Rights Reserved. Copyright © 2009 Sony Pictures Animation Inc. All Rights Reserved. The Time Traveler's Wife © 2009 New Line Productions, Inc. All Rights Reserved. Distributed Exclusively in Canada by Alliance Films. All Rights Reserved. Love Happens © 2009 Universal Studios. All Rights Reserved. Animated Universal Studios. Couples Retreat © 2009 Universal Studios. All Rights Reserved. Whip It © 2009 Twentieth Century Fox Film Corporation. All rights reserved. Photographs © 2009 Twentieth Century Fox Film Corporation. All rights reserved. Motion Picture © 2009 Babe Ruthless Productions, LLC. All rights reserved. ™Trademarks of or used under license from Rogers Communications Inc. or an affiliate. © 2010 Rogers Cable Communications Inc.

Paltrow happy in U.K.
Actress Gwyneth Paltrow — who lives in London with Coldplay frontman Chris Martin and their two children — insists her family are happy in the UK, dispelling rumours she is desperate to relocate to New York. FEMALEFIRST.CO.UK

An album a month ...

Will prolific output keep poverty at bay? Musician hopes so

In an instrument-filled garage almost every day for the past year, musician John Wood has tried to find a new way to make a living.

Wood and a bunch of other artists use the soundproofed space with an extra-high ceiling to create a new album every month. It's a staggering feat when you consider it means recording a new song every three days. And then they essentially give it away for free.

Wood is at the vanguard of how musicians are negotiating pay in a world overrun with free music online. He distributes his music to anyone who wants to download it, copy it or share it with other people. He then asks for donations or subscriptions to CDs that he sends in the mail.

Many artists have tinkered with mostly or completely free online album releases, such as Radiohead and Trent Reznor's Nine Inch Nails. They've instead aimed to make money on sales of souped-up deluxe CD sets or concert tickets.

MARK J. TERRILL/THE ASSOCIATED PRESS

John Wood poses in his studio in Los Angeles. Wood and a bunch of other artists use to create a new album every month.

But musicians like Wood, who don't have a huge fan base, are unlikely to make it by filling arenas and selling high-priced goods. And as regular CD sales continue to fall and major recording labels pare their artist rosters, up-and-coming musicians have to find ways to promote themselves in ways that were unheard of a few years ago.

Wood's album-a-month plan, along with a written blog explaining his inspirations, is designed to spur interest and build loyalty among fans. He hopes that one day some real money can be made from it as well.

"Obviously that would be a great side of it and that's something we're aiming towards," Wood says.

Wood, 28, was trained as a jazz pianist and works with a rotating cadre of musicians to produce songs in wildly different genres. He has churned out Bach-inspired keyboard-only studies and snappy R&B tunes that would have no problem on commercial radio.

These monthly releases can be heard on a blog Wood writes called Learning Music Monthly, which feels more like a magazine than a CD.

\So far, Wood has gotten about 100 fans to donate anywhere from a penny to tens of dollars to the project. Some have paid $59 a year for a monthly CD in the mail.

Still, the revenue does not amount to much, especially for work that often finds Wood in his garage 10 hours to 12 hours a day. Wood, Fogel and other musicians in their group augment their income by playing in other bands, teaching music or through catering jobs.

THE ASSOCIATED PRESS

Entertainment in brief

COPYRIGHT BATTLE The widow of country music singer Roger Miller has won a protracted legal battle over the copyrights to King of the Road, and some of the late artist's best known songs. U.S. District Judge William J. Haynes ruled last week that copyright ownership for many of his songs from 1964 onward rests with Marry Miller and Roger Miller Music, Inc. The songs include Dang Me, Chug-A-Lug, and You Can't Roller Skate in a Buffalo Herd.

THE ASSOCIATED PRESS

TV Babies!
"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."
"We need cute babies and toddlers and boys and girls up to 16!"
Phones are open now for parents to list babies and kids. Dial (416) 925-6140

OWN A HOME • NO MONEY DOWN
Artisan Financial Services Inc.
"Turning more renters into home owners than anyone else since 1995"
Do You Spend $1150 On Rent?
You CAN Own A Home!
Let Us Show You How...
Apply Today: www.ArtisanFinancial.ca
or call: 416-679-9799 • 1-866-993-0099

Tyson's pigeon show under fire

TV An animal welfare group wants New York City prosecutors to investigate Mike Tyson's reality television show about pigeon racing.

People for the Ethical Treatment of Animals says the Brooklyn-based show is cruel to animals and its races could involve illegal gambling.

The show will follow Tyson as he competes in pigeon races. The former world heavyweight champion has raised pigeons all his life but is a racing rookie.

The show airs next year on Animal Planet. A spokeswoman says there have never been plans for wagering on the races.

THE ASSOCIATED PRESS

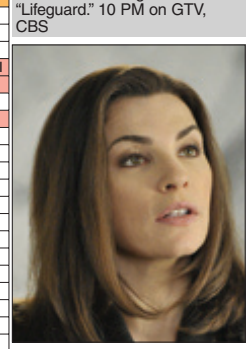
Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

To		Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/23/10	primetime	265	353	2	TVO	The End of Suburbia		The Agenda With Steve Paikin		Father & Son (Part 4 of 4) (N)		The Virus Empire (Part 1 of 2)		Agenda-Paikin
		211	331	3	GTV	Entertainment	ET Canada	NCIS (HDTV)		NCIS: Los Angeles		The Good Wife (HDTV)		News Hour
		215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
		210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Laughs	Comedy Fest	CBC News: The National		The Hour
		214	344	7	CITY	Law & Order: Special Victims		The Biggest Loser (N)				Parenthood "Wassup"		News
		212	313	8	CTV	Lost "Ab Aeterno" (N)		American Idol The top 11 contestants perform.				Law & Order: Special Victims		CTV News
		218	345	11	CHCH	*The Skulls* ★ (2000, Suspense), Paul Walker			*The Shipping News* ★★ (2001, Drama) Kevin Spacey, Julianne Moore.					News at 11 (N)
		-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
		213	326	15	SUN	George Lopez	The Insider (N)	Funniest Pets	Funniest Pets	To Serve and Protect		The Insider	Hitchcock Pres	Becker
		-	387	16	CBS	Inside Edition	Access H.	NCIS (HDTV)		NCIS: Los Angeles		The Good Wife (HDTV)		News 4 at 11
		-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser (N)				Parenthood "Wassup"		News
		-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Lost "Recon" (HDTV)		Lost "Ab Aeterno" (N)		(10:06) V (HDTV) (N)		News
		219	346	20	ACH-B	Degrassi: Next	TMZ (N)	Lost "Recon" (HDTV)		The Middle (N)	Old Christine	(10:06) V (HDTV) (N)		A News
		-	-	28	FOX	Judge Judy	Two/Half Men	American Idol The top 11 contestants perform.				Seinfeld	Two/Half Men	The Simpsons
		-	388	61	PBS	PBS NewsHour	Foot in Grave	Members' Choice						Business Rpt.
		297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place (N)		PIX News at Ten Tong.		Two/Half Men
		296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
		298	653	332	TLA	The Tyra Show		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
	news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
		500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
		509	504	79	CNB	Kudlow Report (Live)		Marijuana Inc.: Pot Industry		American Greed		How Much-Dead Body?		Mad Money
	sports	405	417	22	net	NHL Hockey Florida Panthers at Toronto Maple Leafs. (Live)					Sportsnet Con.	Sportsnet Connected		Hockey Central
		400	400	30	TSN	That's Hockey!	World Series of Poker		World Series of Poker		Curling			
		411	457	58	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters International		Destin. Truth
		417	406	81	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		Monster Jam (HDTV) (N)		Dangerous Drives (HDTV)		Pass Time
	family	551	542	25	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
		554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
		556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	cable variety	602	567	27	W	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
		570	580	29	MM	Gossip Girl (HDTV) (N)		Springbreak.10 Wild in Cancun.		disBAND	Muchmusic Countdown			UR11
		615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami (HDTV)		CSI: Miami
		700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Magnifica Italia	George Lopez	George Lopez	Lopez Tonight
		571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	G. Simmons
		575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
		616	521	39	SHO	Relic Hunter		*The Perfect Child* (2007, Drama) Rebecca Budig.				Drop Dead Diva (HDTV)		NCIS
		620	523	40	BVO	Live at the Rehearsal Hall		Johnny Cash Prison Concert		Johnny Cash: Man in Black		Spectacle: Elvis		Law & Order
		601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
		522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
		625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit.-Conchords	Awesome	Daily Show
		600	564	46	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
		294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*Sleepy Hollow*
		576	582	49	BET	106 & Park: BET's Top 10 Live		*Who's Your Caddy?* ★ (2007, Comedy), Jeffrey Jones				Michael Vick	Tiny & Toya	Mo'Nique
		627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Masters of Science Fiction		Fringe "August"		InnerSpace (N)
		581	566	52	MTV	Peak Season	Cribs	Cribs	Going Out, Him	Spring Break Challenges		16 and Pregnant (N)		MTV Live
		618	524	54	TROP	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash	Last 10	Tube Tales
		603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible		Hell's Kitchen		Good Eats	Good Eats	Restaurant
		261	394	60	V	Murder, She Wrote		May-December	When I Laugh	The Lost Tomb of Jesus Christ's tomb.				Archaeology
		621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
		553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
		526	507	249	VIVA	Cold Case		Missing "Off the Grid"		The Closer (Part 2 of 2)		Cold Case		Psychic Inv.
		300	601	301	M1	*Ring of Deceit*	*The Meerkats* (2008, Documentary)			*Forgetting Sarah Marshall* (2008, Romance-Comedy)				*Blart: Mall Cop*
		305	612	306	PIX	*Hart's War*	*The Life and Hard Times of Guy Terrifico*			*And Now for Something Completely Different*			(10:40) *Serpico* (1973)	
		520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
		637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
		605	-	-	FASH	Star Yearbook		FashionTele	RAW	FT Found Footage		America's Next Top Model "Dreckitude!"		

critics' corner

The Good Wife
When a judge overturns a straightforward plea deal arranged by Alicia (Julianna Margulies), she and Kalinda (Archie Panjabi) delve into the jurist's record in an effort to understand his motivation. To Will's (Josh Charles) delight, Diane (Christine Baranski) gets an offer that she cannot refuse — one that would force her to leave the firm. Tony Goldwyn, Kate Burton, Michael Boatman and Dash Mihok guest star in "Lifeguard." 10 PM on GTV, CBS



Parenthood
Adam and Kristina (Peter Krause, Monica Potter) resort to questionable tactics as they investigate Haddie's (Sarah Ramos) secret relationship. Jabbar (Tyree Brown) has an accident under Crosby's (Dax Shepard) watch. Sarah (Lauren Graham) is at a loss about how to deal with Drew's (Miles Heizer) budding maturity. Julia and Joel (Erika Christensen, Sam Jaeger) are reluctant to let Amber (Mae Whitman) baby-sit for them in the new episode "Wassup." 10 PM on NBC CITY

Apartment Finder

To advertise contact Jason Saddler at 416-443-4394

BATHURST & STEELES
6000 Bathurst St.
1, 2 & 3 BD FROM $975
UTILITIES INCLUDED
Indoor pool, new windows
Public transit at the door
Close to Promenade & Centrepoint Mall
CALL 416•529•3867
www.oshanter.com

EGLINTON-KIPLING
35 & 53 Warrender Ave.
1 Bd from $975
2 Bd from $1145, 3 Bd from $1375
RENOVATED SUITES
Avail. Immediate & Later
Beautiful treed setting, near schools, TTC, 427/401& airport, shopping, C/AC avail, Prkg, Hydro, Indoor Pool, Fitness Facility, Security
1 MONTH'S FREE RENT ON SELECT SUITES
APPLY 1450 KIPLING,
S.W. OF EGLINTON 416-231-2003
WWW.PRINCESSMGMT.COM

LAWRENCE PARK ON YONGE
14 Chatsworth
LARGE 1BD APTS
$1095
Walk to TTC
Great location
CALL 416•528•2552
www.oshanter.com

UPTOWN DVP & YORK MILLS
1200 & 1202 York Mills
Newly Renovated 2 Bedroom Suites
From $1177/mth.
Close to York Mills & Sheppard Subway
Easy access to 404, 401, 407 & DVP
All new residents enter a draw to win 1 years free rent
Offer expires Jan 31/2010 | LIVE RENT FREE UNTIL JAN 31/10
416-449-9910
Rentalsyorkmills@sterlingkaramar.com
www.sterlingkaramar.com

EGLINTON W & BATHURST
630 Roselawn
1 BD $1050
2 BD $1325
Utilities & Parking included
Great location
CALL 416•529•2545
www.oshanter.com

CARLTON & YONGE
33 Wood St. Apartments
LARGEST 2 Bedroom suites in the area!!!
CALL US NOW!!
Furnished & unfurnished units.
Renovated apts with 4 appliances.
A/C, Indr. pkng., Fitness centre.
Utilities all included.
416-593-1772

BLOOR ST/THE WEST MALL
265/287 Markland Dr (Etobicoke)
1, 2 & 3 bdrm suites
from $860/mo.
ASK ABOUT OUR SPECIAL ENDS JUNE 30TH
Well Maintained
Indoor and Outdoor Parking Avail.
Close to Schools, Shopping & TTC
Call 416-720-9500

YONGE & LAWRENCE
3000 Yonge Street
BACH FROM $825,
1BD FROM $1025, 2 BD FROM $1350
Steps to Lawrence Subway Station. Across from Lawrence Park & Toronto Public Library. Steps away from Restaurants, Shops & Boutiques
CALL 416•529•1697
www.oshanter.com

DOWNTOWN BLOOR & DOVERCOURT
730 Dovercourt
LRG Bach, 1 & 2 Bed Suites
From $857/mth.
Walk to Ossington & Dufferin Subway
Minutes to U of T • Lovely views of the Lake
All new residents enter a draw to win 1 years free rent
Offer expires Jan 31/2010 | LIVE RENT FREE UNTIL JAN 31/10
416-534-1139
Rentalsdoversquare@sterlingkaramar.com
www.sterlingkaramar.com

KEELE & LAWRENCE
2050 Keele St
JUNIOR 1, 1, 2 & 3 BD
FROM $785
Outdoor pool, new windows,
Close to hospital, Daycare,
Eglinton West shopping
CALL 416•575•4821
www.oshanter.com

Pharmacy & Danforth Ave.
1&2 bdrms from $810 + pkg
Utilities included, New kitchen & bathroom on select suites, 24-hr. security, shops on site, short walk to Victoria Park subway
MOVE-IN BONUS ON SELECT SUITES
Mon-Fri 9-5 Sat 12-5
416.698.7233 • 416.694.3187
WWW.PRINCESSMGMT.COM

EGLINTON E & MT. PLEASANT
460 Eglinton Ave. E.
1 BD $925
Close to schools, Renovated Suites, Steps to Yonge & Eglinton Shopping & Restaurants
CALL 416•200•8264
www.oshanter.com

MISSISSAUGA
LAKSHORE & CLARKSON GO STATION
2150 Bromsgrove Rd.
1 BD & 2 BD
INCLUDES UTILITIES
Indoor pool, squash courts, sauna. Minutes to QEW, shopping & schools
CALL 416•529•1761
www.oshanter.com

TAKE A VIDEO BREAK
Visit metronews.ca to watch metrotube of the day
The video everyone's talking about.

JANE & LAWRENCE
1755 Jane Street
JUNIOR 1, 1&2 BD FROM $785
UTILITIES INCLUDED
Outdoor pool, shopping, transport, Close to 401 & 400, Pharmacy on Site, Walking Distance to No Frills
CALL 416•529•8964
www.oshanter.com

"AWESOME"
– Real user review
The free Metro Canada application is available on the App Store.
metronews.ca

KENNEDY & 401
4a Antrim Crescent
1BD FROM $875
2 BD FROM $975
Includes utilities
Close to Day Care Centre, Shopping, transport
CALL 416•529•9644
www.oshanter.com

Visit metronews.ca to watch metrotube of the day

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

NEED A LOAN?
PFS Loan Centre
Bankrupt, Proposal or Past Bad Credit?
Why pay sky high payday loans?
Personal loan (1 yr. on job, $15/hr min. req.)
Car paid off? (2002 or newer - up to $15,000)
Affordable rates!
Think smart. Think Prudent.
PrudentLoanApprovals.com
416.634.2013

Debt Relief
Are you struggling with debts?
Let us help you:
- consolidate debts and make low monthly payments
- settle debts without bankruptcy, no interest
- reduce the amount to pay back
- stop harassing calls, letters & garnishments

Nona Ramcharan
Estate Administrator
Credit Counsellor
Free Confidential Consultation
Direct Line:416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Offices in North York, Scarborough & Mississauga
Tel: 416-665-DEBT

MONEY PROBLEMS?™
No need for BANKRUPTCY
Make one small monthly payment for all your Debts!
Call Now: 310-7700 (no area code required) visit: www.gta-credit.com

SkylarkMortgages.ca
Since 1977
1st, 2nd, 3rd
Mortgage Money Available
Residential/Commerical
Renovations/Tax Arrears
Self-Employed/ No Income
Any Credit/Power of Sale
APPROVAL BY PHONE • CALL STEVE
416.824.3260
MORTGAGE LIC. # 10341

DEBT SOLUTIONS
FREE ADVICE
SETTLE WITHOUT BANKRUPTCY
We legally:
Save your assets
Reduce up to 80%
0% interest
Clear Debt Solutions
905-564-7779
www.cleardebtsol.com

BDO
www.bdodebthelp.ca
BDO Canada Limited
Get out of debt without going bankrupt
- Reduce amount you must pay back
- Consolidate debt
- Stop interest
- Protect your assets

Locations throughout the GTA
1 800 561-DEBT(3328)
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

500 loan service
Brokers National
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660
www.moneyprovider.com

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# M08000730
www.mortgagegenie.org
416-667-9834

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose
- Purchase or re-finance up to 95%
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into one payment
- Self-employed? No income qualifying?
- Good, bad or no credit?
- Behind in Mortgage Payments?

CALL TODAY FOR DETAILS
COMMERCE VENTURES
416-913-9593
OR 647-273-5626
License# 10704

CREDIT PROBLEMS?
Pay ZERO Interest!
Make One Small Monthly Payment For All Your Debts!
We Beat Any Offer In Ontario
GUARANTEED!
www.empireonecredit.com
EMPIREONE CREDIT SOLUTIONS
Free & Private Consultation:
416-900-2324
Locations: Ajax, Pickering, Scarborough, North York, Mississauga

PSYCHICS

Visit metronews.ca to watch metrotube of the day

MR SHEIKH MOONIR
INTERNATIONAL SPIRITUAL HEALER
GREAT SPECIALIST FOR ALL YOUR PROBLEMS:
• BLACK MAGIC • LOVE • VOODOO • SEXUAL IMPOTENCY • BUSINESS • EXAMS • COURTCASES • IMMIGRATION • REUNITE LOVED ONES • GAMBLING • UNEXPLAINED ILLNESS ETC.
QUICK RESULTS | 100% GUARANTEED
LANGUAGES: ENGLISH, FRENCH, PORTUGUESE
647 454-4575
BY APPTMT ONLY

LEGAL

SIMPLE (UNCONTESTED) DIVORCE
ezdivorce.ca
1-888-EZ-EZ-123
Lawyer-prepared and filed for you
Member Better Business Bureau

TAKE A BREAK FROM WORK
Visit metronews.ca to watch metrotube of the day

PSYCHICS

PROFESSOR HAKEEM
International Renowned Spiritual Healer/Clairvoyant
The only man who can solve all problems, for example: return of love ones, success in marriage, weight loss, exams, success in business, impotency/ fertility, court cases, destroying black magic, bad luck, addictions, anti-social behaviour, depression, stress, job interviews and immigration cases.
Hours Available: 9 am - 9pm
(647) 702 - 4257

Immigration Services
Urgency Services
Permanent Resident Cards
Travel Documents
Citizenship Card
In 3-4 Weeks
Reg. takes 3 to 8 months
Spouse & Parent Sponsorship
All Canadian Immigration
• Evening & Weekend appointments available
416-51-000-41
6075 Yonge St suite 309 (Near Finch Subway Station)

DIVORCE
SURVIVAL STRATEGIES
HIRE A LAWYER OR DO IT YOURSELF THERE IS A BETTER WAY
UNCONTESTED DIVORCE
INCLUDING S-I-Y SEPARATION AGREEMENT
CONTESTED DIVORCE
200+ FAMILY LAW LAWYERS
DISCOUNTED FEES-TO FLC MEMBERS WE'VE ASSISTED OVER 20,000 SEPARATIONS
FREE
1. TRIAL S-I-Y SEPARATION AGREEMENT
2. TRIAL SIMPLE DIVORCE FORMS 3. ALL ABOUT YOUR DIVORCE INFO
4. FINANCIAL BOOKLET
DON'T BE A VICTIM SEPARATE SMART
416-636-3411 FAMILY LAW

Quick PARDON
U.S. WAIVER
CRIMINAL RECORD?
$399 + Court Fees
705 Lawrence Ave. West/ Allen Road
416-913-4300

CAREER TRAINING

PSW Medical Office Asst. TRAINING
Flexible Hours
Help for Job
ABMCollege.com
(416)913-4700
705 Lawrence Ave. W/ Allen Rd.

CANADIAN BUSINESS COLLEGE
Want the Job?
Learn the Skills
Financial Aid maybe available to those who qualify
www.cbstraining.com
416-925-9929
2 Bloor Street West, 22nd Floor, Toronto
77 City Centre Drive, Suite 105, Mississauga 55 Town Centre Court, Suite 600, Scarborough

Quick DIVORCE
Lawyer Assisted
$300 + Court Fees
Lawrence West/Allen Road
(416)849-4200

"ONE OF THE BEST NEWS APPS"
"Really cool. Lets you read articles offline too!" – Real user review
The free Metro Canada application is available on the App Store.
Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.
Available on the App Store
metronews.ca

Duhamel, Fergie waiting for parenthood
Josh Duhamel and his wife Fergie will be parents one day. Just not yet, people.com reports. "We'll go there are some point," he said at the ShoWest convention in Las Vegas, while promoting his movie Life As We Know It. METRO NEWS SERVICES

Celebrity Buzz

McGee says James is a gentle, nice guy

YEAH AS LONG AS YOU AREN'T MARRIED TO HIM Jesse James' alleged tattooed mistress Michelle McGee hasn't been in contact with the biker, 40, since news broke of their affair last week, us-magazine.com reports. But over the weekend, she praised him for the way he treated her during their alleged 11-month affair.

"He was a nice guy — most guys who do what he does have an attitude," she told the New York Post. "But he was gentle."

But she told the Post right now she is more concerned about a custody battle with her ex-husband Shane Modica over their five-year-old son, Avery.

On Saturday, McGee — who reportedly has returned to work at the Pure Platinum Strip Club in San Diego — visited her son, who was with his father in San Diego. As she said goodbye, she planted a kiss on Avery's cheek.

In court papers filed Friday, Modica asked for temporary and legal custody of the boy, whom he said was in danger in light of McGee's sex scandal.

"If she sees Avery, she will bring these curiosity seekers and glory hounds down on herself and Avery, totally confusing him and frankly scaring him," Modica wrote in legal papers. A judge denied Modica's request.

Meanwhile, James (who's still wearing his wedding ring) returned to work at West Coast Choppers over the weekend. Bullock, 45, is still M.I.A.

METRO NEWS SERVICES

Neeson 'heroic': Egoyan

A HERO ON AND OFF THE SET Liam Neeson has been called "heroic" by Chloe director Atom Egoyan, femalefirst.co.uk reports.

Neeson was working on the movie alongside Julianne Moore and Amanda Seyfried when his wife Natasha Richardson died after a skiing accident. Despite troubles in his private life the actor returned to work to complete the movie Chloe.

Speaking to Contactmusic the director said: "We tried to protect him. No one knew when exactly he was coming back, but he was nothing less than heroic, especially considering the story.

"He wasn't forced to come back. No one tried to talk to him about what happened. He's an amazing man."

Since the death of his wife the actor has thrown himself into work and his has a string of projects on the horizon. He will next be seen in Louis Leterrier's remake of Clash of the Titans, in which he takes on the role of Zeus.

METRO NEWS SERVICES

Doherty arrested ... again

AND HERE IS ANOTHER SHOCKER, IT'S DRUG RELATED Pete Doherty has been arrested on suspicion of supplying drugs to dead heiress Robin Whitehead, femalefirst.co.uk is reporting.

The 31-year-old Babyshambles rocker attended a police station voluntarily to face the charges on Friday.

A spokesman for the London Metropolitan Police said: "A 31-year-old man was arrested on March 19 on suspicion of supplying controlled drugs. He was bailed to return on a date in April pending further inquiries."

Whitehead had been working on a documentary about Doherty before she died of a suspected overdose in an east London flat on Jan. 24. Doherty previously admitted he visited the property the day before and the day after she died but claimed he stayed at his home in Wiltshire in between those times.

METRO NEWS SERVICES

Idol wants Conan

HOPEFULLY SIMON GIVES HIS TAKE ON NBC AND LENO The Hollywood Reporter's Live Feed is reporting that Conan O'Brien was approached to appear on the special American Idol episode, Idol Gives Back on April 21.

Though it would appear O'Brien can't accept given his settlement terms with NBC that prohibit him from making any TV appearances before May 1, the offer is still an intriguing development in the ongoing talks with Fox about a potential late-night show for O'Brien on the network, adds Entertainment Weekly.

O'Brien's 30-city comedy tour — called the Legally Prohibited From Being Funny on Television Tour — includes a number of Canadian dates.

METRO NEWS SERVICES

Brangelina, Depp playdate

JUST A SHORT TRIP TO ITALY TO SEE YOUR FRIENDS Talk about a power playdate. On Sunday, Brad Pitt and Angelina Jolie took four of their kids — Maddox, Pax, Zahara and Shiloh — to Johnny Depp's house in Venice, Italy. Depp, 46, who has two kids, Lily-Rose and Jack, with longtime partner Vanessa Paradis, us-magazine.com reports.

Jolie, 34, and Depp, 46, are currently shooting the dramatic thriller The Tourist.

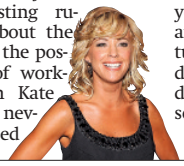
METRO NEWS SERVICES

Kate casting surprised partner

YOU THINK HAVING EIGHT KIDS WOULD MAKE HER TOO BUSY FOR DANCING Tony Dovolani was the only one in the dark. The Dancing with the Stars pro says he doesn't read casting rumours about the show, so the possibility of working with Kate Gosselin never crossed his mind, tvguide.com reports.

"Everyone was thinking that except me," he tells tvguide.com. "I don't read rumours. If you do and set your heart on somebody and don't get them, or it turns out the person is not doing the show, then you're disappointed even if you get somebody great."

METRO NEWS SERVICES



Lavigne, Whibley reconnect

CANADA'S SONNY AND CHER? Despite filing for divorce last year, Avril Lavigne and Deryck Whibley seemed to be enjoying each other's company during a night out in L.A. recently that included drinks at the Chateau Marmont and ended at a tattoo shop at 1 a.m., according to TMZ. Sources say the pair seemed a little tipsy when they entered the shop — and when they emerged later, each sporting a bandaged forearm.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN doesn't appreciate her dad talking to the press, **LILY ALLEN** is experiencing technical difficulties, **STAR JONES** is trying to enjoy her time in the hospital, and **JIM CARREY** doesn't know what to tell his girlfriend.

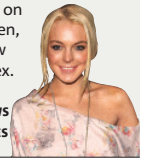
@lindsaylohan my father is a liar, and whatever new weekly magazine is, is all false! typical tabloid(s).

@lilyroseallen TalkTalk.5 months subscription, 300 quid in phonecalls and still no Internet.please send engineer!Meanies.

@StarJonesEsq Thank you for all the good wishes and prayers...I feel them all. By the way...who knew ice chips could taste like steak! hahahahaha

@JimCarrey no joke...Jenny wants to know why some guys cheat on their women, for her new book on sex. anybody?

METRO NEWS SERVICES

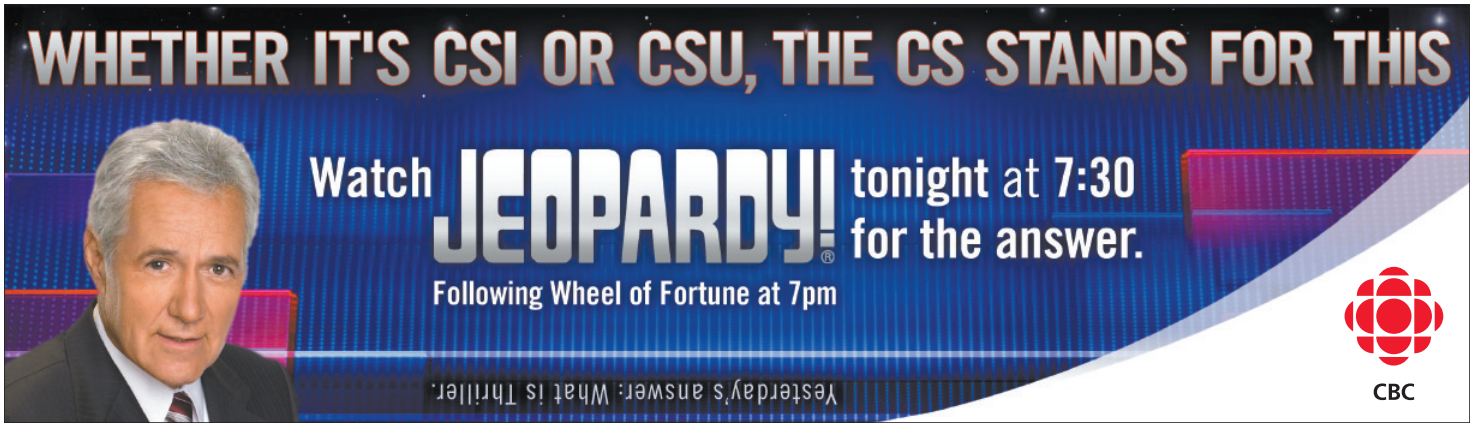


Naomi embarrassed about past actions

BUT THEY ARE THE ONLY REASON PEOPLE STILL TALK ABOUT YOU Naomi Campbell is taking the opportunity of her upcoming 40th birthday for a bit of reflection and introspection, admitting she's embarrassed by some episodes from her past.

"I'm human, I make mistakes," she tells Live magazine. I'm not proud of the things I've done and the incidents that have happened in my life, and I would never say I was."

METRO WORLD NEWS



The Weather Network ©The Weather Network 2010

Today Rain 80% 6°/ 0°

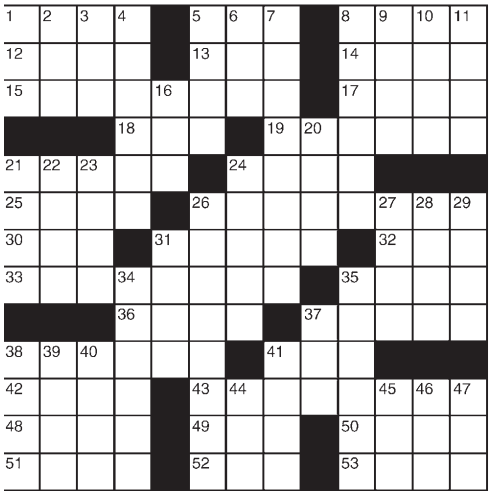
Wednesday Sunny 10° / -3°

Thursday Variable 9° / -6°

You have voted us #1 for best forecasts on TV. Thank you Canada!

Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Hook point
5 Conclude
8 Data, for short
12 Concept
13 Hawaiian garland
14 Harvest
15 Favorable spots for viewing
17 Slime
18 Bart, to Homer
19 Put in cans
21 Wan
24 Mata —
25 Urban disturbance
26 Melodic jewelry holder
30 Carte lead-in
31 Kinds
32 Gorilla
33 Sports page grid
35 Small songbird
36 Oodles
37 Gladiatorial venue
38 Actress Hedy
41 Palindromic Turkish title
42 Addict
43 TV, slangily
48 Squad
49 Turf
50 Sharpen
51 Wild and crazy
52 Ram's mate
53 Raced

DOWN

1 Tucker's partner
2 Commotion
3 Tyrannosaurus —
4 Hound type
5 Verve
6 Badminton barrier
7 Aversion
8 Kind of funny
9 Night light?
10 Disconcert
11 Newspaper page
16 A billion years
20 Rainbow
21 Bedouin
22 Missile shelter
23 Welles' "War of the Worlds," e.g.
24 "Step on it!"
26 Twilight occurrence
27 Naked
28 Tournament format
29 TV's "Warrior Princess"
31 Wound reminder
34 Smugly ingratiating
35 Angers
37 Past
38 Figure skating jump
39 On the briny
40 Intend
41 Staffer
44 Part of DJIA
45 Jazzy style
46 Inseparable
47 Crossed (out)

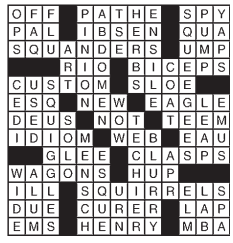
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8		2		6		5	
	2	1				4	6	
7								3
		7	1	2	4	9		
		5	9	6	7	3		
1								9
	5	9				8	3	
	6		8		2		7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	2	6	5	1	4	9	7	3
3	5	1	9	8	7	2	4	6
4	7	9	3	2	6	5	8	1
7	1	3	4	6	2	8	9	5
5	6	4	8	9	3	1	2	7
9	8	2	1	7	5	6	3	4
6	3	5	2	4	9	7	1	8
1	9	7	6	3	8	4	5	2
2	4	8	7	5	1	3	6	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Smoked Salmon Pancakes

INGREDIENTS:

1 1/4 cups 1% milk
3/4 cup sour cream
1 tsp lemon juice
2 eggs
4 scallions, chopped
2 large sprigs fresh dill
2 cups all-purpose flour
125 g smoked salmon trimmings, cut into fine strips
Canola oil
Snipped chives, to garnish

METHOD:

1. Use fork to whisk 2 tbsp sour cream and lemon juice into jug of milk. Pour half into blender. Add scallions and eggs; blend 1 minute. Add dill and flour; blend until smooth with pieces of scallion and chopped dill. Add remaining milk mixture and blend. Stir in 50 g salmon and season with black pepper.

2. Preheat oven to 300°F. Heat frying pan to medium hot; add oil and swirl to coat. Spoon in 2 tbsp batter to make pancake 3 1/2 in. across. Make two or three more, spacing slightly apart. Cook until small bubbles appear on surfaces and tops are dry. Turn over and cook about 1 minute. Remove from pan and keep warm in oven on baking sheet. Repeat for remaining batter.

3. Put teaspoon of sour cream in centres of pancakes, then top with slivers of smoked salmon and garnish with chives. Serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You take a more relaxed and balanced view of life, which in turn enables you to get what you want without causing friction or making enemies.

TAURUS ♉
APRIL 21-MAY 21
Just because one person has let you down does not mean that everyone is going to let you down. Try not to be too critical of other people today.

GEMINI ♊
MAY 22-JUNE 21
Listen to your instincts: they won't let you down. The experts may tell you one thing but it is your inner voice you must trust.

CANCER ♋
JUNE 22-JULY 22
Be nice to the people you work with. You may resent the fact that some of them are lacking in talent and motivation but they are different for a reason.

LEO ♌
JULY 23-AUG 23
The reason why certain new ideas look less threatening than they did a few days ago is because you are beginning to understand what they are all about.

VIRGO ♍
AUG 24-SEPT 22
Today you have to deal with an annoying situation without allowing yourself to get annoyed by it. Take the long view and stay calm.

LIBRA ♎
SEPT 23-OCT 23
Venus is moving through the relationship area of your chart, which means others will see the best in you even when your behavior is at its worst.

SCORPIO ♏
OCT 24-NOV 22
Routine tasks will bore you today, but they have to be done so you are advised to get your head right and get on with them.

SAGITTARIUS ♐
NOV 23-DEC 21
The planets indicate there is only one of what you want, so you had better make sure you are first in line. A more dynamic approach is a must today.

CAPRICORN ♑
DEC 22-JAN 20
If someone you have not been getting along with lately says nice things about you today you will be suspicious about it. But there is really no need.

AQUARIUS ♒
JAN 21-FEB 18
Someone who may not be able to say how they feel in words will find another way to express their love. Are you listening?

PISCES ♓
FEB 19-MARCH 20
Why the big rush? Why the long face? Slow down for a minute and allow yourself to see that what you think is so urgent is nothing of the sort.

FLIGHT CENTRE Unbeatable

Santa Clara $15 Travel Mar 26 - Apr 2/wg + taxes & fees $210

Cancun $65 Travel Mar 28 - Apr 4/wg + taxes & fees $277

INCLUDES roundtrip air.

1 877 923 2248 | flightcentre.ca

Conditions apply. Ex: Toronto. Air only prices are per person for return travel. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

borrow up to $1,500 instantly

mogo for 30 days

apply now!

twice as long, half the price of any payday loan

The maximum allowable cost of borrowing under payday loan agreements is $21 per each $100 advanced. Cost of borrowing $300 for 14 days is $31.50. Mogo's cost per $100 borrowed is $21 for 30 days, total repayment amount is $121.

mogomoney.com

» money on the go

EXCEPTIONAL QUALITY. OUTSTANDING VALUE.

Winning one Consumers Digest Best Buy Award is an honour. Winning seven is a testament to the quality and value Chevrolet vehicles offer. This award is based on judging a vehicle the same way you would. The judges look at fit and finish, amenities, price, operating costs, fuel economy, resale value. In short, they do what you do when testing for real world performance. Learn more about this award and our winning models at chevrolet.ca

Malibu

Equinox

Traverse

Tahoe

Corvette

Camaro

Silverado 1500

CHEVROLET

MAY THE BEST CAR WIN.

The Best Buy seal is a registered trademark of Consumers Digest Communications, LLC, used under licence.

AIR CANADA VACATIONS

GREAT deals starting at $459

+Taxes & other fees (including service charges): $222

CUBA

Varadero

Sol Sirenas Coral Resort • 3★
All-Inclusive • Standard rm.
Mar. 27 – 29 & Apr. 1 • 1 wk.
$459
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Holguin

Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
Mar. 27 & Apr. 1 • 1 wk.
$589
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Puerto Plata

Bahia Principe San Juan • 4★
All-Inclusive • Standard rm.
Apr. 9, 16 & 23 • 1 wk.
$699
+Taxes & other fees (including service charges): $304

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Apr. 1, 3, 4 & 25 • 1 wk.
$899
+Taxes & other fees (including service charges): $304

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Apr. 13, 14, 19 – 22, 24, 27 & 28
1 wk.
$889
+Taxes & other fees (including service charges): $276
Please add $50 for Sat. departures

MEXICO

Puerto Vallarta / Riviera Nayarit

Plaza Pelicanos • 3★
All-Inclusive • Club section
Apr. 2 & 4 • 1 wk.
$1099
+Taxes & other fees (including service charges): $273

COSTA RICA

Liberia

Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
May 8, 15 & 22 • 1 wk.
$1129
+Taxes & other fees (including service charges): $204
Departure tax: 26 USD cash, paid locally

ARUBA

Occidental Grand Aruba • 4 1/2★
All-Inclusive • Deluxe rm.
Apr. 3, 10 & 17 • 1 wk.
$1769
+Taxes & other fees (including service charges): $242

TURKS & CAICOS

The Verandah Resort & Residences • 4★
All-Inclusive
Garden view studio
Apr. 4 & 5 • 1 wk.
$1879
+Taxes & other fees (including service charges): $233

DEAL to EUROPE

Paris
Hotel Magenta Paris • 3★
Breakfast
Standard double rm.
May 26 & 27 • 6 nts.
Complimentary Paris city tour
$829
+Taxes & other fees (including service charges): $332

DEAL on CRUISES

Louis Cruises[1]
Louis Cristal
7 Continents & Istanbul Cruise
Flights to Athens
Inside stateroom, cat. ID
June 18 & July 16 • 1 wk.
Book by April 30 and **SAVE $200** per couple
$2499
+Taxes & other fees (including service charges): $584

BAHIA PRINCIPE HOTELS & RESORTS

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe Cayacoa • 4★
All-Inclusive • Standard rm.
Apr. 11 • 1 wk.
$899
+Taxes & other fees (including service charges): $304

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Apr. 19 – 22, 24, 27 & 28 • 1 wk.
PRIVILEGES
$1149
+Taxes & other fees (including service charges): $276
Please add $50 for Sat. departures

Gran Bahia Principe Jamaica

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 7,400 Aeroplan® Miles per member†

Find us on facebook twitter

BAHIA PRINCIPE HOTELS & RESORTS

Fly in style – Upgrade to Executive Class® service

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Mar. 23 & 27, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Toronto - Pearson International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #5001353?. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Toronto to Paris, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Louis Cruises' ships' registry: Majuro, Piraeus and Valletta. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

tico.ca

You're on Ontario's biggest, fastest mobile network.*

2010 FREEMAN PHILANTHROPIC SERVICES AWARD
AFP Association of Fundraising Professionals
OUTSTANDING CORPORATION

TELUS has been named the most outstanding philanthropic company in the world.

TELUS
the future is friendly®

TELUS STORES & AUTHORIZED DEALERS

TORONTO

Bayview Village Shopping Centre
Bloor West Village
Cloverdale Mall
Dufferin Mall
Fairview Mall
Gerrard Square
Royal Bank Plaza
Scarborough Town Centre
Sherway Gardens
Shops at Don Mills
Toronto Eaton Centre
Toronto Exchange Tower
Woodbine Centre
Yorkdale Mall
Yorkgate Mall
2187 Queen St. E (The Beach)
2365 Yonge St. (north of Eglinton)
720 King St. W
455 Danforth Ave.
25 Davenport Rd.
29B St. Joseph St.
727 Bloor St. W
1061 St. Clair Ave. W
1500 Royal York Rd.
1750 The Queensway
980 Albion Rd.
2610 Weston Rd.
5050 Dufferin St.
1184 Kennedy Rd.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre
420 Main St.

Brampton
Bramalea City Centre
2880 Queen St. E (Hwy. 7 & Airport Rd.)
55 Mountainash Rd. (Springdale Sq.)
80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
3024 Hurontario St.
6200 Dixie Rd.
34 Bristol Rd. E
4920 Tomken Rd.

Oakville
Oakville Place
RioCan Burloak
18 - 2501 Third Line
760 Pacific Rd.

NORTH

Markham
Markville Shopping Centre
Pacific Mall

Newmarket
Upper Canada Mall
1100 Gorham St.

Richmond Hill
Hillcrest Shopping Centre
11005 Yonge St.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
4000 Hwy. 7

Woodbridge
4220 Steeles Ave. W

EAST

Ajax
RioCan Durham

Pickering
Pickering Town Centre

Oshawa
Oshawa Centre
Taunton-Harmony Plaza
1414 King St. E

Whitby
Brock-Taunton Power Centre

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP · BEST BUY · Walmart · CELLULAPOINT · BLACK'S

*Comparing HSPA/HSPA+ national networks: "fastest" according to tests of data throughput speeds in large Canadian urban centres, and "biggest" based on geographic coverage and population covered. TELUS, the TELUS logo and the future is friendly are trademarks of TELUS Corporation, used under licence. Android and the Android logo as well as Android Market and the Android Market logo are trademarks of Google, Inc. All other trademarks are the property of their respective owners. © 2010 TELUS.

Hold on tight, Toronto ...

© 2010 TELUS.